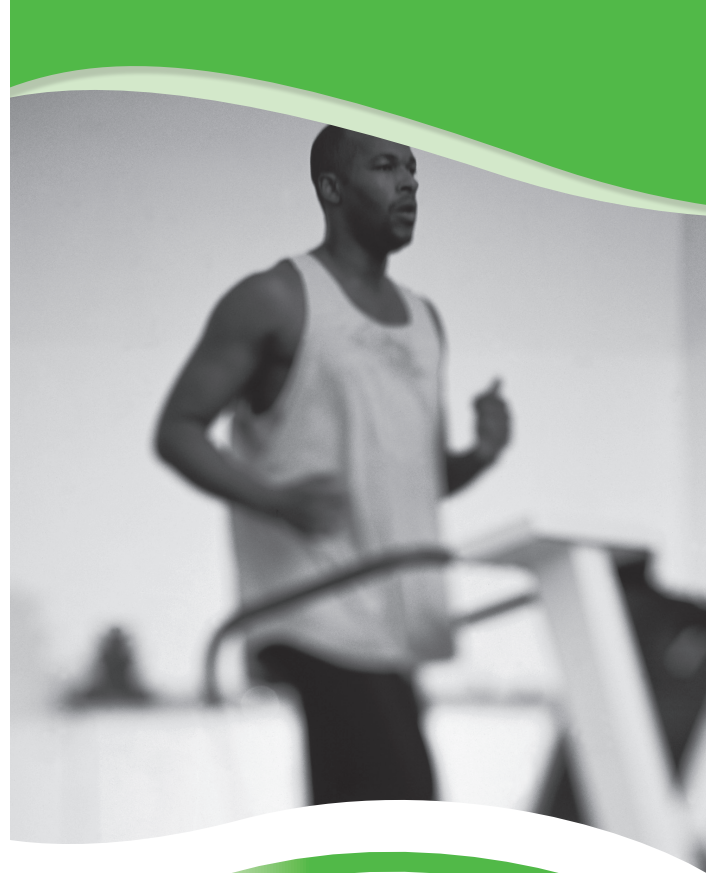


To enroll, contact the
Mercy Wellness Center
at (515) 247-3066,
Option 5



Mercy Wellness Center

Look Better, Feel Better, Be Better.

Keep moving with the Mercy Wellness Center

Wellness Center

If you're looking for recreation, a fitness class or a chance to exercise on your own, come visit the Mercy Wellness Center. Our full-service health and fitness facility offers a variety of gym and pool exercise classes, recreational activities, exercise equipment, personal trainers and more.

Facilities

You'll find a complete array of exercise equipment and facilities at the Wellness Center, including:

- Gym
- Pool (warm)
- Racquetball court
- Whirlpool
- Strength equipment
- Elliptical trainers
- Stationary bicycles
- Treadmills
- Recumbent lifecycles
- Recumbent NuStep
- Stair masters

Memberships

Memberships are open to all Mercy employees and their families, physicians, physician office staff and the community.

Types of memberships

Mercy Family

- Employees (full, part, PRN and flex pool), family members of employees and Mercy College students may join the Mercy Wellness Center and any of the nine Greater Des Moines YMCAs for a special rate. Call 247-3066 option five for details.

Monthly membership

- Written referral from physician required
- Call for current membership rates

Pool membership

- Written referral from physician required
- Call for current membership rates

Senior membership

- Age 50 and older
- Written referral from physician required
- Call for current membership rates

Corporate membership

- A minimum of four individuals from the same company
- Contact person from the company is required
- Special rate for groups
- Enrollment fee at registration

SilverSneakers® membership

- Free to all Humana Gold insurance members and affiliates of Humana insurance
- Written referral from a physician required



A member of Mercy Health Network

1111 6th Ave. • Des Moines, IA 50314-2611
www.mercydesmoines.org

9430-038-4pnl-361



Excellence.
Every Day in Every Way.™

Whether you're interested in exercise classes or fitness evaluations, our center offers programs personalized to fit your health and fitness needs. No matter what your level of fitness or your interest, the Mercy Wellness Center has something for you.

Exercise/fitness classes

Whether you like fitness yoga, body sculpting or senior fitness classes, you'll find what you're looking for in the center's complete class schedule.

Aquatic exercise

Our water exercise program specializes in helping people with arthritis; however, we also offer a perfect mix of water workouts for all ages. Water support decreases stress to joints, bones and muscles while still allowing a challenging workout. There are a variety of class levels. You don't need to get your hair wet or be a swimmer to participate.

Reiki

Alternative healing energy work that helps to balance the mind, body and soul.

Personal fitness training/wellness coaching

Experience success in your exercise program with individualized assistance. One- four- or 12-session packages are available.

Alternative programming

Classes are offered in accepted methods that can relieve stress, pain, body tension and discomfort, including:

- Fitness Yoga
- Pilates Yoga
- Qigong

Special program highlights

- **Sports** – If time and interest allows, racquetball, drop-in basketball or join us for a volleyball game.
- **Specific populations** – We offer special classes for people with arthritis and senior citizens.
- **Special interest** – We provide regular sessions in Defensive Arts. Ask for information.

Massages

When your muscles need relaxing or you feel tension building, make an appointment with one of our licensed massage therapists. They'll work out the kinks and put new life into your muscles. Non-members are welcome.

Where is the Wellness Center?

Our health and fitness facility is located at the West Entrance of the hospital's main campus on "A" or Ground Level just past the West Elevators. Check in at the reception counter.

Phone: (515) 247-3066, option 5

Fax: (515) 643-8733

Hours

Equipment area, gym and racquetball court are available **24 hours per day, seven days per week.**

Hours for staff, pool and hot tub:

- Monday-Thursday: 6 a.m.-8 p.m.
- Friday: 6 a.m.-6 p.m.
- Saturday: 8 a.m.-1 p.m.
- Sunday: Closed



Wellness Center registration and medical release form

Have your physician complete this form, then bring it with you when you join the Wellness Center.

Name: _____

Phone: _____

has my recommendation to participate in:

- Any type of exercise
- Aquatic exercise in a 92° pool
- Fitness classes
- Stationary bicycles
- Strength equipment
- Treadmill
- Elliptical trainer
- NuStep

Medical limitations: _____

Physician's signature: _____

Date: _____

Physician's phone number: _____

Wellness Center Fax: (515) 643-8733

For more information, call
(515) 247-3066,
Option 5