

Fitness Center Group Classes Included with Membership

Our Group Fitness Classes offer you a new and exciting way to meet your fitness goals. Examples of fitness classes offered include cardio/strength/core workouts, yoga, spin, TRX, pilates, and more! Several classes are offered daily Monday through Friday.

Personal and Group Training

The components of our one-on-one personal and small group trainings include:

- Muscular strength & endurance
- Body composition assessment
- Cardiovascular endurance
- Flexibility
- Power, skill & speed

We also offer a variety of fitness programs.

Additional fees apply for training and programs.

Other Amenities (Provided at no extra charge)

Lockers

We provide lockers for all our members. Because the number of lockers are limited, they are available on a per visit basis only.

Assisted Changing Room

A private assisted changing room is available for those in need of dressing assistance with a caregiver such as those with special needs and families with young children.

Showers

Showers are provided to all members.

Towel Services

You don't have to carry that wet towel around in your gym bag. Towels are available to members of the pool and fitness center.

Frequent Fitness Insurance Programs

BlueCross and BlueShield of Minnesota, HealthPartners and Medica

Eligible insurance members can sign up at the Fitness Center to participate in the Frequent Fitness Program and receive a \$20 monthly reimbursement on membership fees. You must work out a minimum of 12 days each month to receive the fitness reimbursement. A household can receive credit for up to two adults (18+) participating in the program for a total reimbursement of \$40 per month. (Note: Some self-insured of these insurance provider groups are not eligible for this program. Some self-insured plans may have different minimum workout day requirements.)

UCare of Minnesota

The UCan! The UCare Activity Network is a fitness program for UCare for Senior members who belong to the Fitness Center. These members qualify to receive a reimbursement of \$20 each month per individual. (No minimum number of visits is required each month).

Silver & Fit Program

Silver & Fit is a fitness and healthy aging program designed to help you achieve better health through regular exercise. This program is available for seniors (ages 65+). Please see the fitness staff or contact your insurance company to see if you qualify.



WESTERN WISCONSIN HEALTH

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Fitness Center



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**WESTERN
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HEALTH**

Fitness Center

A well rounded exercise program consists of three components: flexibility, strength and endurance. The Fitness Center at Western Wisconsin Health is equipped to provide you with numerous options to meet the goals of all three components with our trained exercise instructors and personal trainers.

Strength Training

The benefits of strength training go beyond big muscles. The fitness center has 15 strength training stations and a variety of free weights to help you become and stay strong.

Cardiovascular Exercises

The Fitness Center has a variety of aerobic exercise equipment consisting of treadmills, exercise bikes, elliptical walkers, nu-steps, stair steppers, rowing machines and more.

Fitness Studio

The Fitness Center has a private 1,500 square foot fitness studio. This includes a variety of equipment for our members to utilize including spin bikes, aerobic steps and risers, exercise balls, medicine balls, BOSU ball, yoga mats, plyometric boxes and dumbbells to add some variety to your workout!

24/7 Accessible Facility

Fitness Center is available to members with key cards 24 hours a day, 7 days a week.

Age Requirements

Age 16 and above may utilize the space without any restrictions and may receive 24/7 card access

Age 12-15 must be accompanied by a Parent/Guardian who is a Member during staffed hours only and have restricted access to certain equipment.

Fitness Center Staffed Hours

Monday to Thursday: 7:00 am to 7:00 pm
Friday: 7:00 am to 4:00 pm
Saturday: 9:00 am to Noon

**Note: While our intention is to always be staffed at the above times, on rare occasions (weather, staff illness) we may be unstaffed with short notice.*

Playroom - For Fitness Center Use

Hours

Monday to Thursday:
8:00 am to Noon and 3:00 - 7:00 pm
Friday: 8:00 am - Noon

Monthly Rate for Members

Monthly rate of \$10/1st child and additional \$5 for each additional child

Age eligibility of children

8 weeks - 11 years old

Daily Drop-in Rate

8 weeks - 2 years old: \$7/child per time
3 - 11 years old: \$5/child per time

Parents/guardians may not leave the fitness center department at any time while their children are in the playroom.

75-Minute Time Limit

Parents are responsible for children's restroom needs

If we are unable to properly staff the playroom, parents will not be able to utilize it at that time. Every effort will be made to send an email to all parent/guardian members to let them know in advance if we are unable to staff the playroom on any given day.

Fitness Center Rates

Electronic Fund Transfer Rate

(Paid from checking or savings account on the 15th of each month.)

****You must provide a 30 day notice to stop payment**

Adult (49 and under):	\$38
Senior (50+) and Students:	\$33
Double (2 people related, same household):	\$56
Family (3 or more, same household):	\$74

**Must provide voided check or banking statement.*

Out Of Pocket Rate

Entire Year Paid for in One Installment

Adult (49 and under):	\$32 (\$384)
Senior (50+) and Students:	\$29 (\$348)
Double (2 people related, same household):	\$51 (\$612)
Family (3 or more, same household):	\$69 (\$828)

Add use of the therapeutic pool for additional \$15 per month, per person

Separate Fees

\$10: Day Pass/Guest Pass
\$20: 24/7 Access Card
Personal Training: Prices vary, please speak to staff.

