

MercyOne Health & Fitness Center and You

A Healthy Partnership



As a member of MercyOne Health & Fitness Center you have access to:

- FREE fitness assessment, including BodyScript™ Body Composition Analyzer
- Equipment orientation
- State-of-the-art strength training equipment and cardio machines with personal TVs
- Indoor walking/jogging track
- Personal training* and degreed fitness specialists to help you achieve your health and fitness goals
- VOLT Guided Fitness Platform
- A wide range of group exercise classes for every fitness level including MOVE Virtual Fitness Classes
- Indoor aquatic center, including a four-lane lap pool and warm water pool
- Sauna/ steam room/ whirlpool in each of the men's and women's locker rooms
- Massage Therapy*
- MercyOne Health & Fitness Center mobile app

The Benefits of an Employee Membership Include:

- Discounted membership of \$65/month
Additional discounts for family members
- Enrollment Fee
We will honor the promotional rate if available at the time of enrollment.



Join MercyOne Health & Fitness Center and see what we can do for YOU!

*Additional charge applies