



**MARY GREELEY  
REHAB & WELLNESS**  
**LIFETIME FITNESS CENTER**

Located at 812 Elm Avenue in Story City, IA, the Mary Greeley Medical Center Lifetime Fitness Center blends state-of-the-art equipment with knowledgeable professionals to create a medically-oriented fitness and wellness center. We help you achieve your personal health and fitness goals by working with you to develop an individualized fitness program emphasizing your current level of fitness and strategies for integrating physical activity into your lifestyle.

**Regular Hours**

Monday – Friday 5:30AM to 9:00PM  
Saturday 8:00AM to 5:00PM  
Sunday 2:00PM to 8:00PM

**Summer Hours (Memorial Day to Labor Day)**

Monday – Friday 5:30AM to 8:00PM  
Saturday 8:00AM to 2:00 PM  
Sunday 2:00PM to 7:00PM

**Lifetime Fitness Center features:**

- Cybex Treadmills
- Recumbent bicycles
- Elliptical and Arc Trainers
- NuStep Recumbent Steppers
- Tectrix Stairclimbers
- Concept 2 Rower
- Cybex Strength Training Machines
- Free weights

**Membership Includes:**

- New member orientation to facility and equipment, including a workout program to get you started
- Unlimited usage of the Fitness Center during operating hours
- Access to the gymnasium and running track
- Member-only fitness clinics
- Fitness professionals available during all business hours
- Member discount for fitness classes, massage therapy and other services
- Towel and locker service free of charge
- Complimentary injury assessment and treatment recommendations for minor sprains and strains

\*\*State of Iowa employees receive 10% off current monthly membership dues.

**Bring a copy of your current State of Iowa pay stub to qualify.**

Current orientation fee applies. For more information or to set up an orientation, call (515) 733-4029.

Visit our website at:

[www.mgmc.org/lfc](http://www.mgmc.org/lfc)