



# A Healthy Partnership

## MercyOne Health & Fitness Center and You

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

- A free fitness assessment – get descriptive feedback to set goals and improve your health
- Equipment orientation
- State-of-the-art cardio machines with personal TVs and strength training equipment
- A wide range of group exercise classes for every fitness level
- Indoor aquatic center including a 4-lane lap pool and warm water pool
- Sauna / steam room / whirlpool in each of the men's and women's locker rooms
- Indoor walking / jogging track
- Personal training
- Massage therapy
- Child care services for children 6 weeks – 9 years old
- Degreed fitness specialists to support your health and fitness goals

### The Benefits of an Employee Membership Include:

- **Waived or Discounted Enrollment Fee**  
(waived during Open Enrollment or within 30 days of hire, 50% off at all other times.)
- **25% off member dues**  
(\$60 monthly corporate rate)

**TRY US!**  
Bring in this flyer for a **FREE** guest pass!

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