

MercyOne Health &
Fitness Center and
State of Iowa Employees

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:

- Waived or Discounted Enrollment Fee
Waived within 30 days of hire, 50% off at all other times. Must provide proof of employment by badge or email.
- Discounted monthly membership of \$65
Additional discounts for family members



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

*Additional charge applies

MercyOne Health & Fitness Center
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