

Wellness Center Member Handbook

Your guide to our new Wellness Center



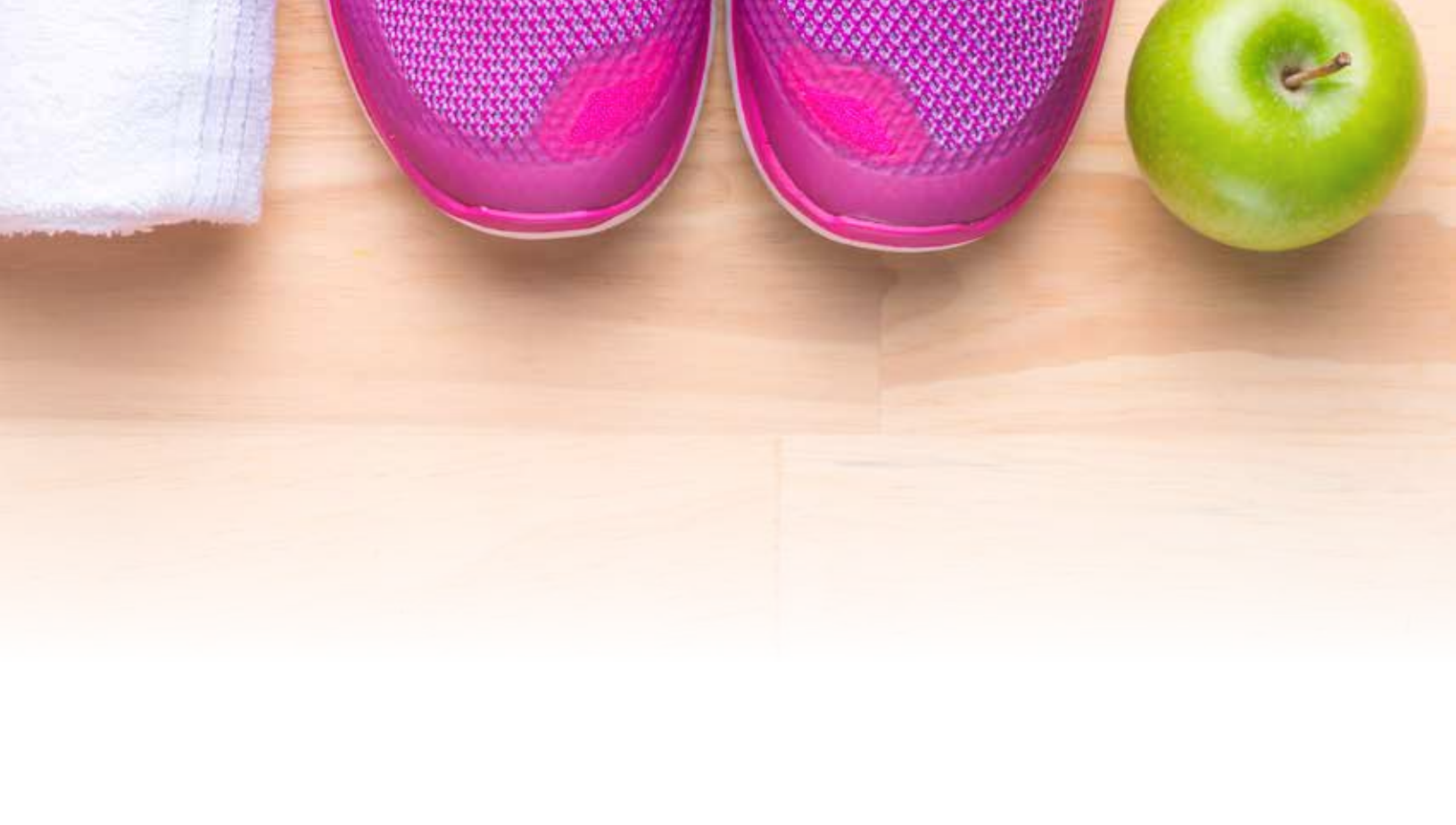
Location

Wellness Center
32021 County Rd 24 Blvd.
Cannon Falls, MN 55009
(507)263-9840
cawellnesscenter@mayo.edu

Hours of Operation

- Community Member Hours*
Open 7 days/week, 6:30 a.m. to 7 p.m.
- Employee Member Hours*
Open 24 hours a day, 7 days a week

* Staffed Mon.–Fri., 8:30 a.m. to 1:30 p.m.



Health Insurance Reimbursement

A health insurance reimbursement may apply to you. Some health insurance providers will reimburse you up to \$20, just for using the Wellness Center. A minimum number of visits may be required.

The Wellness Center is currently associated with several insurance providers. Contact a Wellness Center employee for more information.

Membership Benefits

- Orientation with Wellness Coordinator
- Optional free fitness assessment
- Staffed hours
- State-of-the-art cardio and strength equipment
- Free weights, weight machines and other fitness equipment
- Open exercise area
- Select classes and programs
- HydroMassage

HydroMassage

The HydroMassage combines massage, heat and whirlpool therapies. The HydroMassage allows you to remain fully supported and clothed while powerful waves of heated water are directed upward towards your body. The HydroMassage can greatly complement your exercise routine, by providing relaxation and/or reducing muscle soreness. The HydroMassage is available for members to use up to 15 minutes, one time per day. Packages for non-members are also available.

Each member will have a personalized HydroMassage number used to operate the bed. Please do not share this number with anyone. Allowing others to use your number may result to suspended HydroMassage usage.

Additional Services and Programs

More information to come.

Overview

Check-In and Key Fob

All members are required to check-in upon entering the Wellness Center. An electronic check-in station is located at the Wellness Center. Each member must scan their card with every entry. No guests are allowed during unstaffed hours. If a member is found to be bringing unauthorized guests into the Wellness Center, termination of the membership may occur. There is a \$10 initial deposit for your key fob, and a \$10 fee to replace lost fobs. This \$10 will be returned to you when your key fob is returned at the end of your membership.

Attire

Members are expected to arrive to the Wellness Center appropriately dressed. Clothing should be appropriate for physical activity and provide coverage of the torso. Shoes should be close-toed and remain clean and dry. There are not locker rooms located within the Wellness Center, but there are restrooms located across the hall available for use.

Lost and Found

There is a lost and found located at the front desk of the Wellness Center. Please ask an employee to look in the lost and found if you are missing something.

Equipment

Cardio equipment is available for all members. The cardio equipment includes treadmills, elliptical machines and Sci-fit Recumbent steppers.

Free weights include dumbbells (1lb-50lb), kettle bells and medicine balls.

Other equipment consists of TRX straps, stability balls, a foam roller, a Bosu ball and step climbers.

Televisions are mounted within the Wellness Center as well as located on most cardio equipment.

Membership Freeze

For annual memberships, you may freeze your membership for one to three months if needed. This can only be applied once to your membership.



Frequently Asked Questions

Will I be eligible for healthcare reimbursement if I utilize the facility a certain number of times per month?

Yes, depending on your insurance. The amount you are reimbursed will depend on your insurance as well as the number of visits required to receive a reimbursement. If you have insurance through Mayo Clinic it will not qualify for reimbursement.

Will there be fitness classes?

Yes, there will be a variety of classes and programs to choose from. Some will be available for free with your membership, while others will require an additional fee.

What are the hours?

Community membership holders will be able to use the Wellness Center from 6:30 a.m. to 7 p.m., 7 days a week. Employees will have access twenty four hours/seven days per week. Day passes and HydroMassage package sessions will only be available during staffed hours. Appointments are required for HydroMassage use during staffed hours. Outside of staffed hours sessions will be available on a first-come, first-served basis.

How do I gain access to the gym?

You will enter the Wellness Center from inside the medical center. During clinic hours, use the main entrance to the clinic and use your key fob to open the Wellness Center door during unstaffed hours. During weekends and non-clinic hours you will enter the facility using the Emergency Department doors and use your key fob to open the Wellness Center door.

What if I would like to bring a guest?

You may bring a guest during staffed hours only. They will need to purchase a day pass for \$5. Failure to abide by this policy may result in membership termination.

What is the cancellation policy?

We ask that you provide at least a 24-hour notice if you intend to cancel any of your Wellness Center appointments. If there is not at least a 24-hour notice, you may be charged for the service.

Wellness Center staff at Mayo Clinic Health System reserves the right, in its sole discretion, to determine what is appropriate attire and appropriate member conduct. Wellness Center staff at Mayo Clinic Health System reserves the right to revoke membership privileges based on improper conduct or behavior that might interfere with other members' use and enjoyment of the facility or is otherwise contrary to orderly Wellness Center operations in the sole discretion of the Wellness Center.