

Hegg Memorial Health Center – Wellness Services Policies and Procedures

Hours of Operation:

Monday-Thursday 5:00a-9:00p
Friday 5:00a-6:00p
Saturday 6:30a-12:00p
Sunday CLOSED

Summer Hours:
Monday-Thursday 5:00a-8:00p
Friday 5:00a-6:00p
Saturday 6:30a-11:00a
Sunday CLOSED

Contact Information:

Phone: (712)476-8081
Address: 1202 21st Avenue Rock Valley, Iowa 51247
Website: www.hegghc.org

Wellness Center Amenities:

Cardiovascular equipment: 7 treadmills, 3 bikes, 1 stairmaster, 3 ellipticals, 1 recumbent elliptical, 3 Sci-Fit recumbent bikes, 2 Nu-steps
Resistance machines for weight training
Plate loaded/Free weights
Stability balls, therabands
Televisions located in front of cardio equipment
Body weight scale with BMI calculator
Shower/bathroom facilities
Multi-purpose room over City Hall for Wellness Classes

Services Available for Additional Fees:

Personal Training
Personal Yoga, Personal Pilates
Group Fitness Classes
Fitness Testing/Body Composition Testing
Nutrition Counseling

Membership Requirements:

Members must fill out an assessment form at the time of sign up.
Members/participants under the age of 18 must have a parent's signature before attending the wellness center or participating in programs.
Children under the age of 13 are not allowed to use the Wellness Center and its equipment.

Membership Categories:

Hegg Employees: Free Wellness Center membership is available to all part-time and full-time Hegg Memorial Health Center and Hegg Clinic staff.

Staff Spouse/Family: Part-time and Full-time Hegg staff's families and spouses are eligible for discounted Wellness Center memberships. This includes immediate family and spouses only – not valid for extended family members, engaged couples, etc.

Corporate Employee: Discounted Wellness Center memberships are available to employees of area businesses who have entered into a service agreement with Hegg Memorial Health Center. A list of these businesses is available upon request.

Wellness Center Community Memberships: Wellness Center memberships are available to the community at individual and family rates.

Membership Rates:

Individual Membership

\$30/month

\$270/year

Couple Membership

\$45/month

\$405/year

Family Membership

\$70/month

\$630/year

Wellness Day Pass

\$5/visit

Punch Card

\$20/card - 4 visits

Hegg Employee Family Memberships

Hegg Spouse Membership

\$15/month

\$135/year

Hegg Family Membership

\$35/month

\$315/year

Corporate Employee Memberships

Individual Membership

\$20/month

\$180/year

Couple Membership

\$35/month

\$315/year

Family Membership

\$60/month

\$540/year

Billing Policies:

- Check, Visa, Mastercard, Cash, Direct Debit are accepted.
- Memberships are non-transferrable.
- No refunds.
- Please pay for Group Fitness Classes and Wellness Center Membership Fees at the **beginning of each month.**
- Payments should be made to the Business Office, at the Wellness Center during business hours, or to your instructor at class.
- **We do not send monthly paper statements.** Although you will not receive a paper statement for your Wellness Memberships fee, your Wellness Center Membership fee is a **recurring bill.** If you would like to change your membership type, freeze your membership. or cancel your membership at any time, a written form must be signed prior to the **first of the month** at the Business Office to receive this benefit.
- Hegg Wellness Center offers convenient methods of payment. The easiest and most economical choice is to **pay for the year in advance.** This allows you to pay for 9 months and get 3 months free.
- Another option is **automatic withdrawal** from your checking/savings account. If you wish to participate in this convenient option, please stop at the Hegg Business Office for enrollment.
- If you choose not to participate in automatic withdrawal or annual membership payment, wellness members are asked to **pay membership fees at the beginning of the month.** Payments can be made to the Business Office or a wellness staff member on your first visit of the month.
- For guests, the price per visit for the wellness center is \$5.00. You may pay this upon arrival or you may purchase a punch card - \$20 for 4 visits. Punch cards may be purchased at the Business Office or the Wellness Center.
- Participants in Group Fitness classes are required to register and pay for classes at the Business Office prior to attendance.
- Non-members may purchase punch cards at the business office as a payment method for wellness classes - \$20 for 4 classes. Circuit Training class is free for wellness members and Hegg employees.
- We understand that extenuating circumstances do occur, and we will assess those situations on a case-by-case basis.

Fitness Assessments:

Hegg Wellness offers Fitness Assessments for members and non-members. An appointment with the Exercise Specialist and payment in full are required before Fitness Assessments can be performed/completed. Body Composition may be assessed by one of two methods: bioelectrical

impedance or skin folds measurement. The total fitness assessment includes: Resting Heart Rate, Target Heart Rate Zone, Muscular Strength/Endurance, Aerobic Capacity, Body Mass Index (BMI), Body Composition, and Flexibility Assessment.

Personal Training Services:

The Hegg Wellness Center offers an excellent Personal Training program that allows participants to work one-on-one with a Personal Trainer. Personal Training is a results-driven exercise program designed specifically for you.

Your personal trainer will motivate you and provide the direction necessary to reach your individual health and wellness goals, while promoting student experiential learning.

Personal Training Services Include:

Consultation

- ✓ Initial consultation with trainer is free of charge
- ✓ Answer any questions and concerns you may have
- ✓ Identify your needs, wants and goals
- ✓ Fill out Lifestyle and Exercise History Questionnaire
- ✓ Present to you what we can do to help you with your health and fitness needs, wants and goals

Personal Training Sessions

A preliminary meeting will be scheduled aside from the sessions to determine clients' objectives and fitness level. Each session's activities will be specially designed to meet each client's abilities and goals. One session is 1 hour.

Personal Training Programs:

Personal training programs include a preliminary consultation with Total Fitness Assessment, a personalized exercise program (with workouts for 5-7 days/week), periodic fitness assessments, 2-3 training sessions per week (totaling 2 hours/week), and a customized nutrition plan (with program + nutrition options only).

Personal Program Design

Personal Program Design includes a preliminary Fitness Assessment, a personalized exercise program (with work outs for 5-7 days/week), periodic fitness assessments, and a customized nutrition plan (with program + nutrition options only).

The Personal Program Design does not include training sessions with a trainer. This program is designed to be individual to you and implemented on your own.

Group Fitness Classes:

The Hegg Wellness Center Group Fitness Program offers a wide variety of classes to give you a

complete workout in a motivating and positive atmosphere. Our classes are led by experienced instructors.

Group Fitness Class Policies Include:

- Each class has a registration fee associated with it and this registration fee must be paid prior to participating in classes. This fee is based on how many times per week the class is scheduled to meet, and should be paid at the Business Office at Hegg Memorial Health Center.
- The instructor at each class will check you in on the attendance sheet each time you attend a class.
- If you are coming to a class for the first time, please come approximately 10-15 minutes early to the class so the instructor has an opportunity to orientate you to the equipment and class.
- We have Pilates/Yoga mats available for classes requiring a mat. However, you may bring your own mat at your convenience.
- Plan to arrive at least 5-10 minutes prior to the start of your regularly scheduled class. Classes start with a warm-up and stretching and it can be disruptive when participants arrive late. However, our instructors are flexible, and we understand when participants need to arrive late or leave early – we only ask that you be considerate of your fellow participants.
- We have a water fountain available, but we strongly suggest bringing your own water bottle.
- Please bring your own towel to class.
- Please turn off cell phones/pagers before entering class (unless absolutely necessary).
- In the event that classes must be cancelled due to severe weather, the announcement will be on KSOU. We will make every effort to have class as often as possible, but we want to make sure our instructors and our participants are safe.
- No one under the age of 13 is allowed to use the equipment or participate in the Hegg Wellness Group Fitness Program.
- Circuit Training classes are included in Wellness Center membership fees.

Wellness Policies:

In accordance to standards of care for the fitness industry and Hegg Memorial Health Center, the following policies are to be understood and followed by EVERYONE that uses the Wellness Center:

Before using the facility, all participants must complete the membership form and pay appropriate fees. Staff will orientate all new members to our facility and policies.

Individuals age 13 to 18 will not be permitted to use the wellness center without a signed parental consent. No one under the age of 13 is permitted to use the facility and equipment. Children are not allowed to accompany parents or other adults into the wellness center.

No food or drinks other than water are permitted in the wellness center.

The wellness center is not responsible for lost or stolen articles from either the restrooms or the wellness center. Members are asked not to bring valuable items such as purses, wallets, keys, etc into the wellness center. Members are also not to store any of these items in the Wellness office. This is for the security of our members, patients, and staff. At this time, the Wellness Center does not have secure storage for these items at this time and cannot be held responsible for lost or stolen belongings. Members who bring these items to the wellness center will be reminded of this policy and asked not to do so again.

Participants are expected to be courteous of each other and staff. Courteous behavior includes, but is not limited to appropriate language and gestures.

Appropriate exercise clothing and shoes are required for use of the wellness center. Shirts are to be worn at all times. Inappropriate clothing includes, but is not limited to sandals, flip-flops, jeans, suggestive clothing and clothing with offensive language and/or graphics. Crop top shirts are not permitted. High heels, dress shoes, and other hard-soled footwear are not permitted. Turf or spiked shoes are not permitted. We ask that our members take care to wear clean shoes when working out especially during the winter months when ice melt and snow can create unclean conditions in the facility.

The wellness center strives to maintain a safe and clean environment. Prohibited materials in the wellness center include but are not limited to: bicycles, skateboards, rollerblades, rollerskates, animals, weapons, amplified sound without the use of earphones.

Abuse of the equipment will not be tolerated. This includes dropping of dumbbells, weight plates, and allowing weights stacks to fall in an uncontrolled manner. Collars should be used on bars at all times and weight plates returned to proper rack when finished.

Members will use provided disinfectant wipes to wipe off equipment after each use.

Wellness center hours can change without notice due to staff training, holidays, inclement weather, and emergencies. Announcements regarding closings will be posted around the hospital and wellness center and will be announced on 93.9 KSOU.

Wellness center membership carries with it the responsibility of appropriate conduct. Violation of any rules or other abusive or irresponsible behavior may result in a suspension of wellness center privileges. Users who engage in any of the following behaviors will be asked to leave the facility immediately: disrespect to any wellness center employee or user, theft of any wellness center or users' equipment, entry into the wellness center during closed hours or without membership payment, breaking or damaging any equipment intentionally or consistently using equipment in a way that will wear the equipment faster than it should wear.