

WELLNESS CENTER INFORMATION

COACHES

Wellness Center Coaches will be present during set hours to assist members, provide orientations and answer questions. Times are posted on the information board in the Wellness Center.

PERSONAL TRAINING

An exercise program that works for one person may not work for another. The Y wants to help our members become the best they can be! Work one-on-one or with a friend with a Y personal Trainer to get your exercise program on track. Personal Training is available for Y members only. Rates are as followed.

One-on-One:	One Session	\$35
	Three Sessions	\$100
	Six Sessions	\$180
	Ten Sessions	\$300

Couple Rate: \$25 per person

ORIENTATIONS

Wellness Center Orientations are offered FREE to all Y members. Already had an orientation and need a refresher? No problem! Just stop at the Member Services Desk to get one scheduled with one of our fitness staff.

AGE REQUIREMENTS

The Wellness Center is open to members ages 15 years & up. 12-14 year olds are welcomed in our Wellness Center with a parent/adult guardian after they have completed an orientation with one of our fitness staff. Contact Jana to set up an orientation: jblomberg@mesabiymca.org or 749-8020. Upon checking in with their membership card, youth that have completed an orientation will be issued a bracelet allowing them to use the Wellness Center with a parent/adult guardian.

CARDIO EQUIPMENT TIME LIMIT

During busy times, please limit your time on the cardio equipment to 30 minutes. This allows other members to utilize the equipment in a timely manner.

WEIGHTS

Please put all weights and dumbbells back on the appropriate racks after you are done using them.



OVER →

WIPE OFF EQUIPMENT

Wipe stations are available throughout the Wellness Center. Members are asked to wipe down the machines and equipment after using them so the equipment is cleaned and ready for the next person.

MALFUNCTIONING EQUIPMENT

Please report any broken or malfunctioning equipment to a staff member or at the Member Services Desk right away.

CLOTHING

Appropriate workout attire is required in our Wellness Center. Shirts and closed-toe athletic shoes are required and must be worn at all times. Jeans, boots and sandals are not considered appropriate workout attire.

SHOES

Clean, non-street, workout shoes are the **ONLY** footwear that should be worn in the Wellness Center. Dirt from shoes worn outside can cause significant damage to the equipment.

PERSONAL BELONGINGS

Store all personal belongings in the locker rooms. The Y is not responsible for lost or stolen items.

TV'S AND TRANSMITTERS

There is a TV/Radio Transmitter on each of the cardio machines that allow members to listen to the TV's or local FM radio stations while working out. Instructions on how to use the transmitters are on the information board in the Wellness Center.

WI-FI

We do have Wi-Fi in our Wellness Center. The password is 2187498020.

FOOD & DRINK

Food is not allowed in the Wellness Center. Water may be brought into the Wellness Center in a spill-proof container.

WORKOUT CHARTS

Looking for a way to track your workouts? Workout Charts are available on the West wall of the Wellness Center near the entrance/exit door.

The Y is a family facility. We ask that there is no offensive behavior or language used.

