Wellness Center Guidelines

- Members and employees must check in and out at the hospital nurses station each time and after using the Wellness Center.
- Everyone must wipe down machines and return equipment to ensure safety of all members.
- Machine use will be limited to 15 minutes, if busy, to allow everyone a chance to use the equipment.
- · Please be considerate of others
- We recommend working in groups of 2 or more for safety.
- For emergencies, use the phone on the wall and dial "3022" for the hospital nurses station.
- Fire extinguishers, fire alarms and emergency exits are located and labeled in the Wellness Center.

Memberships Available

Single Rates:

1 Month Membership	\$25.00
3 Month Membership	\$75.00
6 Month Membership	\$140.00
12 Month Membership	\$270.00

Couple Rates:

1 Month Membership	\$45.00
3 Month Membership	\$135.00
6 Month Membership	\$255.00
12 Month Membership	\$495.00

Family Rates:

Couple rate plus \$10,00 per month

Rehab Wellness:

12 sessions: \$48.00

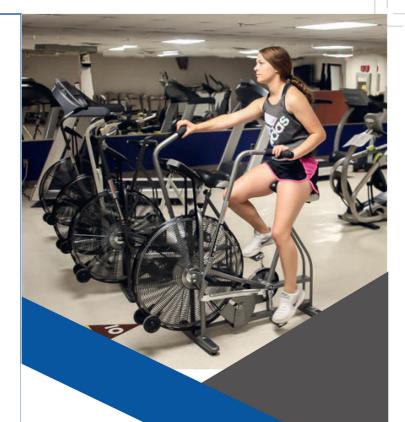
Special Rates:

Pioneer Memorial Hospital Employee: \$0.00

Emergency Personnel: \$0.00

Emergency Personnel & spouse: \$15.00

Emergency Personnel & family: \$25.00



Pioneer Memorial Hospital Wellness Center

315 North Washington Street Viborg, SD 57070



Wellness Center Hours 6:00AM - 10:00PM

Enrollment:

Please contact the PMH & HS Therapy
 Department at: 605-326-5161 Ext. 3009 to enroll, and schedule orientation for the Wellness Center.

Children:

 No children under 10 years old will be allowed in the Wellness Center due to safety concerns. Older children over the age of 10 are eligible for a family membership and must be supervised by an adult.

Equipment:

- Treadmills, stationary bikes, NuStep, recumbent bikes, and ellipticals.
- Free weights, leg press, hamstring curl machine, chest press, lat pull down pulleys, and walking room & chairs for seated exercises.



<u>Open Wellness - Independent</u> <u>Program:</u>

- An orientation of the Wellness Center is required before starting the program. Please call
 605-326-5161 Ext. 3009 to make an appointment.
- Open Wellness is available to the public 7 days a
 week, except during Rehab Wellness Wednesday &
 Friday from 10:00AM 11:00AM. Notice is posted in
 advance of any closure of the Wellness Center.

Rehab Wellness - Assisted Program:

- Rehab Wellness is held Wednesday & Friday from 10:00AM - 11:00PM.
- Rehab Wellness is a program developed for the purpose of promoting wellness to maintain the highest quality of life. Participants must be independent and be able to complete exercises without assistance.

Who Benefits From Rehab Wellness?

- Discharged therapy patients
- Seniors seeking supervised wellness program to improve strength and balance.
- Referred patients from physicians who do not qualify for skilled therapy services.



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