

## 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



**PIONEER MEMORIAL**  
HOSPITAL & HEALTH SERVICES

## 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.

### Programs Available:

#### Open Wellness - Independent Program:

- 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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