

HOURS

Mon - Thurs: 5:00 a.m.—10:00 p.m.
(closed 10—11 a.m. M-W-F)
Friday: 5:00 a.m.—8:00 p.m.
Saturday: 8:00 a.m.—12:00 p.m.

RATES

Monthly	Single	Family
Public	\$30	\$45
Discount	\$25	\$40

New: 6 Month

Public	\$150	\$225
Discount	\$125	\$200

Summer Rates for Full-Time Students: \$50

Assessment/Joining Fee: \$25 single/family

Re-Join Fee: \$12 single/family

Locker Fee: \$12 / 6 months

Guest Fee: \$3 / Day

PERSONAL TRAINING SESSIONS AVAILABLE UPON REQUEST

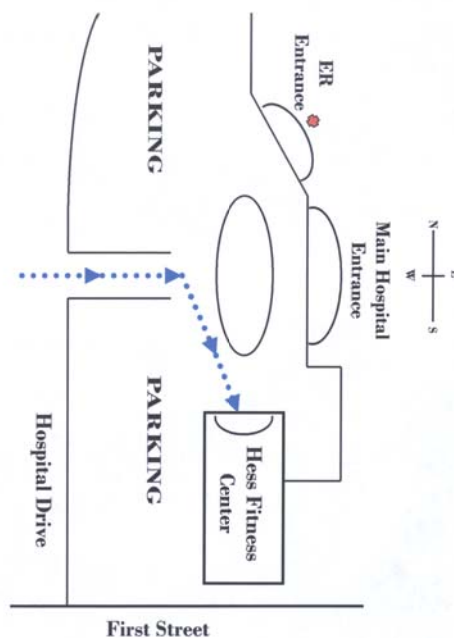
Hospital employees enjoy a free membership with a one-time assessment fee of \$25.

Discount Membership includes the following: hospital employee family members living at the same residence, medical staff (including Radiologists & ER physicians), office staff of active medical staff, active auxiliary members, seniors (60+), corporate memberships, full-time students, on-call volunteers for Hess Fitness Center

Family Memberships may include dependent children ages 16-21 living at the same residence as the parent(s). With a doctor's consent, students under 16 may join but need to be with a parent when working out.

Free Memberships:

Hospital Board Members and Hess Fitness Center PRN Employees



MEMORIAL HOSPITAL, INC.

Hess Fitness Center
1000 Hospital Drive
McPherson, KS 67460

Phone: 620-241-2251 EXT. 176
Email: danic@mcphersonmemorial.org

<http://www.mcphersonmemorial.org/fitness.cfm>

Hess Fitness Center

Just Get Fit!



OUR FACILITY...

The Hess Fitness Center was made possible through a donation provided by the late George and Evaline Hess in 1981. Their generosity gave the community of McPherson and the surrounding area an affordable place to exercise and gain valuable fitness knowledge.

The fitness center provides an excellent space to work out in an atmosphere that encourages interaction and exercise enjoyment. Membership is limited to prevent overcrowding.



Treadmills
AMT Machine
Smith Machine
Elliptical Trainers
Multi-Station Paramount Weight Lifting Equip.

Air-Dyne bikes
Recumbent Bike
Hand Weights
Nutrition Counseling

Personal Training available upon request

Dressing rooms with lockers, showers and restrooms
Locker Rental Tote Bags for purchase

Discount Corporate Memberships

Cardiac Rehab and Treadmill Stress Testing with Physician referral

THE SERVICES...

Are you ready to get fit? If the answer is yes, and you realize that it will take time to see body composition changes, then we can assist you in developing an appropriate program. We promote a lifestyle habit of exercise that can result in more energy, stress reduction, a better self-image, improved flexibility, strength, muscle tone and endurance. We provide the instruction and you provide the commitment!

This quality fitness program is provided by a staff of experienced technicians with educational backgrounds in exercise. You will find the staff not only knowledgeable, but friendly, encouraging and helpful!



FREE:

Vitaband Class (Resistance Training)
Re-Assessments
Towel Usage

THE PROGRAM...



To get started...

- Complete the health history consent form and have it signed by your physician if necessary.
- Call 241-2251, ext. 176 to set up your assessment appointment
- Bring your completed consent form and payment the day of your assessment. Please dress in exercise attire that includes a short sleeve shirt and tennis shoes.
- The following tests are available and may vary according to your age or risk factors.

Step test	Flexibility
Lung capacity	Abdominal strength
Weight	Body composition
Target heart rate	
Upper & Lower body strength	
Stretching exercises	
Equipment explanation	
Individual exercise prescription	