

Health & Wellness

Programs & Activities

at HealthPoint



The Medical Fitness Advantage

A fully integrated Wellness Center featuring physician specialties, outpatient therapy, imaging, and member-driven fitness programming



Degreed and Certified

A wide range of disciplines are at your disposal. Exercise Physiologists, Wellness Coaches, Nutritionists, and Personal Trainers are all here to turn your wellness goals into your reality.



All Inclusive Memberships

Experience the freedom to choose a different workout as you please. Unlimited base-level group exercise classes are included in your membership. No sign-ups needed. Just walk-in and get moving!



Our Pledge

Our Wellness 101 New Member Orientation Program will leave you 100% satisfied with our facility and primed for success.



HealthPoint



Wooster Community Hospital

3727 Friendsville Road • Wooster, OH 44691

Phone: 330-202-3300 www.woosterhospital.org Fax: 330-202-3304



Membership Options

SHORT TERM

The flexibility to fit any schedule.

- Per Day Pass..... \$9
- One Month Pass.....\$55
- Three Month Pass.....\$150
- Student (3) Month Pass..... \$100
- Physician Referred (2) Mo...\$60

Payment Options

- Paid in Full

SILVER PLAN

If you are only available for half the year, this is the plan for you.

6 Month Membership (rate/mo.)

- | | | Associate |
|--------------------|------|------------------|
| • Single..... | \$50 | \$45 |
| • Couple | \$90 | \$85 |
| • Family..... | \$97 | \$92 |
| • Post-Therapy.... | \$30 | |

Payment Options

- **Paid In Full**

GOLD PLAN

Offering a moderate amount of staff support at a great value.

Annual Membership (rate/mo.)

- | | | Associate |
|---------------------|------|------------------|
| • Single..... | \$40 | \$35 |
| • Couple | \$70 | \$65 |
| • Family | \$77 | |
| • Senior Plus | \$30 | |

Payment Options

- **Paid In Full (Receive One Mo FREE!)**
- 12 mo EFT, 2 mo up front then monthly

PLATINUM PLAN

Maximum staff support.

Includes:

- (15) Individual Training (IT) Sessions
- Massage discount– 10% off
- Access to the training studio featuring Kinesis Technology
- Progress monitored by your own Exercise Specialist

Annual Membership (rate/mo.)

- | | | Associate |
|----------------|-------|------------------|
| • Single..... | \$60 | \$55 |
| • Couple | \$110 | \$105 |
| • Family | \$155 | |

Payment Options

- **Paid In Full (Receive One Mo FREE!)**
- 12 mo. EFT, 2 mo. up front, then monthly.

Training with Kinesis

Enjoy an exclusive, studio-style training program that utilizes new, revolutionary pieces of equipment. You will be given personal attention from our staff in a stylish, semi-private setting. Everything you need to challenge your body and release your mind is here in our new training studio.



Membership Guidelines

- Couple-** Two people living at the same address
- Family-** Three or more people living at the same address– Includes Sport Specific and Babysitting (for up to 2 children)
- Associate-** Discount applies to any person over the age of 60
- Senior Plus-** Discount applies to any person over the age of 75
- Other rules and regulations apply . Please refer to the Health and Wellness Rules and Regulations form.**

EFT- Electronic Funds Transfer Option: Automatic debit of your annual membership dues from your bank checking/savings account will occur on a monthly basis. Your account will be debited on the 28th day of the month for dues applicable to the following calendar month. Membership will continue after your obligation date on a month to month basis until we receive a written notice. (please refer to the suspension cancellation policy).

- Insufficient funds on checks or EFT transactions will incur a \$15 transaction fee

Exercise Programming

Individual Training

Health & wellness individual training sessions with health & wellness specialists, personal trainers, or wellness coaches.

- One-on-one training
- Access to Training Studio
- Health & Wellness Screening
- Education and Behavior Modification
- Motivation

Training- Member
\$30.00 per hr session

Training- Non-member
\$40.00 per session

Screening/Program
Design \$40.00



Small Group Training

An individual training session but with a buddy. Same benefit...lower cost to you!

Member- 2 participants- \$20 each
3 participants- \$15 each
4 participants- \$10 each
6-week class- \$50

Non-Member- 2 participants- \$25 each
3 participants- \$20 each
4 participants- \$15 each
6-week class- \$60

Nutritional Programming

HealthPoint Health & Wellness Presents...

Healthy Living with Zonya Diet Free

Laugh, learn and discover a healthy lifestyle with...



DIET FREE™
The Eight Habits That Will Change Your Life

America's Nutrition Leader will inspire and entertain, all while helping you lose weight and master your health one habit at a time!



Lifestyle Guide, Habit Tracker
Audio Seminar, Wrist Band,
Novel-Water With Lemon,
Exercise DVD

\$99 for Members
\$149 for Non-members

10 Week DVD Nutrition Series
- Including -
Nutrition & Wellness Coach Support

For more information:
(330) 202-3318



Healthy Living with Zonya Diet Free, is a new nutritional program that will assist you in developing a healthy lifestyle. A great way to lose weight, lower blood sugar, lower blood pressure and reduce risk of disease.

If you are tired of dieting...Learn to live Diet Free!

Specialized Programming

Massotherapy

A systematic manual application of pressure and movement to the body's various types of soft tissue. It encourages healing by promoting the flow of blood and lymph, relieving tension, stimulating nerves, and relaxing muscle.

1/2 Hour Massage- \$39

One Hour Massage-\$53



Hot stone massage is a form of massage therapy that uses specialized stones called basalt stones. These stones hold heat, helping to create a deep tissue massage to work tight, knotted muscles and release tension

Hot Stone Massage-\$58

Corporate Wellness for Your Employees

Principal Health Package

- Health Fair
- Lunch and Learn Sessions
- Wellness Event/Games
- Chair Massage Option (additional charges may apply)
- Wellness Materials in HR

Premiere Health Package

- Health Risk Assessments
- Discounted Fitness Club Memberships
- Weight Management Program
- Smoking Cessation Program
- Wellness Newsletter
- Includes Principle Package Programs

Optimal Health Package

- Individual Lifestyle Coaching
 - Wellness Nurse
 - Dietitian
 - Exercise Specialist
 - Injury Prevention through Workstation Ergonomics Analysis
- Includes Principle and Premier Package Programs

For more information call Corporate Wellness at 330-202-3308.

FACILITY HOURS OF OPERATION:

MONDAYS—THURSDAYS	5:30 AM — 9:00 PM
FRIDAYS	5:30 AM — 8:00 PM
SATURDAYS	7:00 AM — 5:00 PM
SUNDAYS	10:00 AM — 4:00 PM

POOL OPEN SWIM TIMES:

MONDAY	5:30 AM—8:00 AM / 12:05 PM—8:30 PM
TUESDAY/THURSDAY	5:30 AM—7:30 AM / 12:00 PM—1:00 PM
WEDNESDAY	5:30 AM—8:30 AM / 9:30 AM—8:30 PM
FRIDAY	5:30 AM—8:00 AM / 12:00 PM—6:30 PM
SATURDAY	7AM—8 AM / 10 AM—3 PM
SUNDAY	CLOSED