

Wellness Center Services

Superior service is emphasized at the Wellness Center. Whether you're a new member or a regular, you'll find the center's services to be just what you need. Please call [\(308\) 865-7458](tel:3088657458) for more information.

Additional Amenities:

- Towel Service
- Locker rooms with dry heat saunas, shampoo, soap, lotion and a vanity area
- Cardiovision TV system which allows members to tune their personal headphones into any TV station on the facility monitors
- Hot tub
- A variety of group exercise classes for all skill levels and ages
- Coffee
- Pro Shop offering Wellness Center T-Shirts, all natural fruit smoothies, protein smoothies and snacks

Group Exercise

We offer a variety of fun group fitness classes that will make you want to keep coming back for more!

Equipment:

Our facility features over 30 pieces of cardiovascular equipment and over 30 pieces of strength training equipment including:

- True & Precor Treadmills
- Matrix Endurance Recumbent and Upright Bikes
- Kaiser Cycle Bikes
- Gauntlet Stairmaster
- Nu-Steps
- Rowing Machines
- Lateral Ellipticals
- Unilateral & Lateral Selectorized & Plate Loaded Area
- Free-Weight Area
- Matrix Mega Double Half Rack
- Free Motion Genesis Dual Cable Cross
- Plate Loaded Hip Thrust Platform

Turtle® Pool

Our Turtle® Pool is one of only ten in the world and provides a soothing workout in its currented lap ring and arthritis relief in the inner heated waters. Our Turtle® Pool features two parts- an interior rectangular warm water (91-94°) and an exterior oval track of cooler (84-88°) water. A current, up to 4 mph, is constantly being pumped into the oval track facilitating water walking with or against the current. The slightly deeper interior pool is filled with warmer water and is

utilized in therapy and exercise. Our pool area also features a relaxing spa (104°). Air horns are located throughout the pool area if you require immediate assistance. **All pool users are required to wear water shoes.**

Massage Therapy

Whether you're seeking relaxation, pampering or the healing effects of massage, an appointment with one of our licensed massage therapists will leave you feeling refreshed and rejuvenated.

Swedish Massage:

A full-body massage for overall relaxation.

Deep Tissue Massage:

More localized to problematic areas, not necessarily full body.

Pregnancy Massage – Prenatal & Post

Lymphatic drainage:

Focuses on opening up of the lymph nodes and working with the lymphatic system.

Cupping:

A form of therapy in which a therapist puts special cups on the skin for a few minutes to create suction to help with pain, inflammation, blood flow, relaxation, lymphatic drainage, and deep tissue massage.

Sports Massage:

Sports massage can help to loosen legs and muscles before or after races, marathons or other competitions.

Cranial Massage:

Targets areas that can cause migraines and stress headaches.

Cancer Massage:

Specific for people just finding out they have cancer, going through treatments and living with cancer.

Active Release:

Incorporates stretching to actively release tight muscles.

Our Massage Therapists

Deb Fox, LMT - Deb graduated from the Universal College of Healing Arts and is a board certified licensed massage therapist in the state of Nebraska. She joined the Wellness Center in January 2007. Along with Swedish massage, she has furthered her education in repetitive use injury/muscle release technique, myofascial release and Shiatsu. Since her employment with Good Samaritan, she has also become certified in medical massage, full-body pregnancy massage, postpartum massage and Guasha. Her most recent training has been for cancer treatments and anterior shoulder, chest and neck massage. She is a firm believer in utilizing massage to keep the body healthy and to help minimize illness and injury.

Karie Worthington, LMT - Karie graduated from the Myotherapy Institute in 2005 and is a board certified licensed massage therapist in the state of Nebraska. She joined the Wellness Center in May 2012. Along with the Swedish and Chair massage techniques she learned in school, she has furthered her education in deep tissue techniques, lymphatic drainage and myofascial release therapy. Since her employment with Good Samaritan, she has also become certified in medical massage, cancer massage, advanced pregnancy massage and postpartum massage. Her most recent training has been for post marathon massage, anterior shoulder, chest and neck massage. She believes massage promotes healthy lifestyle habits and lessens the risk of illness and injury.

Sierra Quadhamer LMT- Sierra graduated from Myotherapy Institute in 2014 and is a board certified massage therapist in the state of Nebraska. She Joined the Wellness Center in 2017. Sierra was trained in Swedish, Deep Tissue, and Chair massage. After her schooling she continued her education and training in Indirect Myofascial Release, Traeger Release (Lower back and hips), and most recently Cupping. Sierra believes that massage is a wonderful tool in helping maintain a healthy lifestyle and a great preventative measure against injury and illness.

Hours:

Monday-Friday: 5am-9pm

Pool: 5am-8:30pm

(Pool closes at 8pm on Thursdays)

Saturday: 8am-5pm

Pool: 8am-4:30pm

Sunday: 1pm-5pm

Pool: 1pm-4:30pm

Location Tab

We are located at Good Samaritan Hospital in the lower level of the Medical Office Building.

10 E 31ST ST.
Kearney, NE 68847