

CHI Health Wellness Center

Becoming a Member

Anyone 12 years and older, wishing to join our facility will be asked to provide some basic information and sign a waiver of liability and payment agreement. Please stop by our front desk to sign up!

Daily Usage

Stop by and try out our facility for the day! Day passes are \$7 and can be purchased at the front desk.

Equipment

Our facility features 20 pieces of cardiovascular equipment and over 16 pieces of strength training equipment including:

- Treadmills
- Matrix Cross Trainers
- Arc Trainers
- Nu-Steps
- Rowing machines
- Stationary, Recumbent, and Spinning Bikes
- Cybex unilateral & lateral weight machines
- Free-weight Area

Additional Amenities

- Towel service
- Locker rooms with shampoo, soap, and vanity area
- Coffee
- Indoor Cushioned Walking Track
- Variety of group exercise classes for all skill levels and ages*
- Sauna-Restricted use of under 17 years of age unless with parent or legal guardian

**Members receive reduced pricing for classes offered through the Wellness Center.*



Corning

401 6th Street,
Corning IA 50841

641-322-4471



Hours

Monday - Thursday

5:30am - 8:00pm

Friday

5:30am - 7:30pm

Saturday

7:30am - 3:00pm

Sunday

12:00pm - 4:00pm

Golf Simulator

Our Foresight GCQuad golf simulator is a versatile and game-enhancing ball and club analysis solution available for use in the facility for an extra fee of \$25/hour. The GCQuad is designed to deliver years of reliable performance. From the full immersion simulation, whether for education or entertainment, the GCQuad will up your game. It is equipped with 10 different courses available to play on. With a portable compact design, four high-speed cameras, and precision accuracy, the GCQuad launch monitor is ready to improve your swing and putting. Tee - time appointments are required, so we can accommodate you. 24 hour cancellation time preferred. Please call ahead if you need to change your tee time.

Certified Staff

Our trainers are required to carry certification by the American College of Sports Medicine, National Academy of Sports Medicine, National Strength and Conditioning Association, or the ACE.

Personal Training

We offer a variety of styles of personal training to fit your wants and needs. Offering Private, Partner, Group (3-4). We ensure you get the experience you need while also helping to fit high quality training into your budget.

Appointment Policy Requirements

- Payments are due before an appointment can be scheduled
- 24-hour cancellation of appointment is required
- Failure to give 24-hour cancellation notice will result in forfeiture of the scheduled prepaid session
- 8-minutes late is considered a missed appointment
- It is suggested that you show up 10-15 minutes early to warm up for the session
- Pre-paid sessions have a 1 year expiration from date of purchase
- EFT Sessions are reconciled on the 1st of the Month but charged on the 15th
- EFT Membership must be cancelled before the 1st of the month
- 24-Hour Courtesy Cancellation on EFT sessions would be appreciated

Kids Camp

For kids 12-15 years of age we require 2 sessions with our staff. With these sessions the staff will go over basic knowledge of the facility in order to further your child's knowledge. Once cleared, your child will be able to work out on their own. Scheduling is required.

Equipment Orientation

Staff will demonstrate the upper, lower, and core weight machines as well as the cardio machines if desired by member. This ensures that you are comfortable and set up for success. Equipment instruction is included with the membership.

Facility Etiquette and Policies

- If you get it out: PUT IT AWAY
- If you sweat on it: CLEAN WITH WET TASK
- If it's open: CLOSE IT
- If it's broken: REPORT IT
- If it's been 30 minutes: ALLOW SOMEONE ELSE TO USE IT
- If you are sitting on it: ALLOW SOMEONE ELSE TO USE IT
- If you change the attachment: REPLACE IT
- No photography or audio/video recording of self or others
- No dropping weights
- The use of cell phones for capturing pictures or video is prohibited
- We discourage use of cell phones while on the exercise floor
- Please keep conversations to a short duration while using strength training equipment to allow for others to use the equipment

Attire

- NO dress shoes, sandals, or any type of open-toed shoes
- NO bare feet
- NO sports bras worn independently. A t-shirt or tank top is also required
- NO clothing containing pornographic, vulgar, or tasteless material
- NO clothing that is excessively torn
- Shorts and t-shirts are required in Sauna
- If you wear it to workout in: WASH IT

Termination Policy

A signed termination form must be received by the last day of the month in order to avoid charges for the following month.

Membership Pricing

CHI Health Employee	\$60/yr \$5/mo
CHI Health Employee Spouse/Child (<i>each</i>)	\$120/yr \$10/mo
CHI Health Wellness Staff & Volunteers	FREE
Community Members	\$331/yr \$30/mo
Registration fee due at sign up (<i>required for new members</i>)	\$25