Health & Wellness Facility Hours

Hours of Operation:
April 1 - September 30
Monday - Thursday: 6:00a - 8:00p
Friday: 6:00a - 7:00p
Saturday: 7:00a - 1:00p
Sunday: Closed

Hours of Operation:
October 1 - March 31
Monday - Thursday: 6:00a - 9:00p
Friday: 6:00a - 7:00p
Saturday: 7:00a - 2:00p
Sunday: 8:00a - 12:00p

Open swim and Kids Kornet hours will vary seasonally. Please check with the Health & Wellness front desk or call 330.202.3318 for our current operating hours for these services.

Corporate Wellness Services
Thinking about beginning a wellness program at your facility? Already have a wellness program and want to expand? We are here to help! Check out what Wooster Community Hospital HealthPoint Corporate Wellness Programs can offer.

Contact Kim Nussbaum at 330.202.3320 for more information

WCH – Health & Wellness App Available
Download Now!
Search the App store or Google Play

www.woosterhospital.org/health-wellness-healthpoint

Wooster Community Hospital
HealthPoint
Health & Wellness

- Memberships
- Personal Training
- Massage Therapy

Free Unlimited Access Day Pass
of Health & Wellness

Name

Email

Unlimited Access Day Pass is a one time offer, per person and must be authorized by a Health & Wellness staff member to be valid.

www.woosterhospital.org
**ALL INCLUSIVE BENEFITS**

**Health & Wellness Membership Plans**

What does that mean? Everything! Services you receive for **NO COST** with your membership include:

- Experience the freedom to choose a different workout as you please. Unlimited Group Exercise classes are included in your membership.
- Open Swim – Relax those muscles in this area's only 90 degree warm water therapy pool.
- Daily use towel and locker service.
- Kids Korner child watch for your children, ages 6 months to 10 years.
- Exercise Physiologists on staff to help every step of the way.
- Never an enrollment fee, or an annual fee!
- Health & Wellness Member Benefits – early access to exclusive sales, appreciation days, and much more!

### DAILY OPTIONS

<table>
<thead>
<tr>
<th></th>
<th>Cost</th>
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</thead>
<tbody>
<tr>
<td>Day Pass - Floor Only</td>
<td>$7</td>
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<tr>
<td>Unlimited Access Day Pass</td>
<td>$9</td>
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*Day Pass Limitations:
- Group Exercise classes, towels and Kids Korner not included with the Day Pass

### PAID IN FULL OPTIONS

<table>
<thead>
<tr>
<th></th>
<th>Cost + Tax</th>
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<tbody>
<tr>
<td>Annual Single Membership</td>
<td>$300</td>
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- Each Annual membership includes a **FREE 1st month**
- One-on-one help with an Exercise Physiologist to develop a custom exercise program

### RECURRING MONTHLY OPTIONS

<table>
<thead>
<tr>
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<th>Cost + Tax</th>
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<tbody>
<tr>
<td>*Single MonthlyCharge</td>
<td>$25</td>
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*May cancel at anytime! No long-term commitments!

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**Proud partner of the Silver Sneaker network**

Health & Wellness is proud to offer Silver Sneaker access for those who qualify. Included in your Silver Sneakers:

- Access to the Health & Wellness fitness floor and equipment
- Access to the warm water open swim times
- Access to the locker rooms and daily locker use
- Access to Silver Sneaker branded classes only

**Additional options/add-on's for our Silver Sneaker eligible visitors**

**Group Exercise Classes**

- Month to month Unlimited Group Exercise class access – $15/month + tax via EFT – may cancel at any time!

**Kids Korner**

- Month to month Unlimited Kids Korner use – $5.00/month via EFT – may cancel at any time!

**Towel Service**

- Paid in Full Single Use – $2.00 per visit (up to 4 towels)
- Monthly Bath Towel Pass – Up to a max of 4 bath towels per visit - $5.00 + tax/month via EFT – may cancel at any time!

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**Massotherapy**

Our licensed Massotherapists are here to provide you with an enjoyable and effective massage. They specialize in a wide range of applications: relaxation, trigger point, deep tissue, pre-natal and sports massage.

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<tr>
<th>Type of Session</th>
<th>Cost</th>
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<tbody>
<tr>
<td>1 Hour Massage</td>
<td>$80</td>
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**KIDS KORNER**

Our Kids Korner (formerly child watch) is perfect for the parents on the go! With no reservation required, you can drop off your child, get in a great workout and be on your way!

- All children must be registered before using Kids Korner.
- Ages permitted: 6 months to 10 years.
- Maximum capacity of Kids Korner is 10 participants.
- Availability determined on a first come, first serve basis.

**Gift Cards**

Looking to give the gift of wellness? Gift cards are available in any amount at the Health & Wellness desk, or online!

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**Tivity Health**

Healthways SilverSneakers Fitness

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**Get Started Today!**

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**HealthPoint Health & Wellness Services**

- Health & Wellness Services
- Massage, Lifestyles, Personal Training

HealthPoint

3727 Friendsville Road - Wooster, OH 44691
330.292.3338 - www.woosterhospital.org