

# Minges Wellness Center

*dedicated to medically based fitness, wellness, and preventive healthcare*



We embrace the philosophy behind the growing hospital wellness and fitness center industry that promotes the “medical fitness difference”

- identifying and reducing health risks one person at a time through a combination of programs and services available to the community.

## Facility



*“I have improved my stamina and overall health at the Minges Wellness Center.” Bill Rowland*

for over 1,000 miles walked by member Bill Rowland. The accomplishment was celebrated in Minges style! Our certified fitness professionals are on duty at all hours, and regular group exercise programs are held in studio A. Showers and locker rooms with daily towel service are available to members.

The Minges Wellness Center boasts 9,926 square feet of exciting exercise opportunities. Over 25 different strength training machines are used daily by members not only to improve their strength but also to improve balance, bone mass, and overall physical health. The 236 foot walking track was the catalyst

## Membership

- Unlimited use of gym and equipment
- Unlimited participation in exercise classes
- Free parking
- Newsletter
- Group classes
- Wellness programming
- Ask about our personal coaching sessions with special low rates.
- Personal wellness profiles (full lipid panel) are also available for additional fee.
- Youth memberships are for ages 10 and older. Youth under the age of 14 must be accompanied by a parent member at all times.

All members will receive a membership card and must present the membership card at each visit to the Minges Wellness Center. Guests and new enrollees should check with the fitness instructor upon entering the gym. All members will be screened upon initial membership enrollment and physician permission may be required for some individuals. “This is a very special place. The support of members and staff is the best in town. I know that the program has benefitted me and our entire community.” said member Don Chewning.



*At the Minges Wellness Center we celebrate every success whether it is miles walked, classes attended, or pounds lost. We applaud your efforts and revel in your accomplishments. Come celebrate with us!*



*Tara and Brittany are both certified exercise specialists and they are here to help members achieve their fitness goals.*

## Membership rates

The Minges Wellness Center requires a \$10 one time fee for members who are not in our tracking system. Rates are monthly and can be paid on a monthly basis. All fees are non-refundable. Guests passes are \$10 for a three-day pass.

	Monthly fee
Individual	\$20
1st family member*	\$20
2nd family member *	\$15
3rd (or more) family member(s)*	\$15

\*family members must reside in the household with the initial individual membership to qualify for discount.

## Hours of Operation

Mondays, Wednesdays, Thursdays  
 12 Noon - 8 p.m.  
 Tuesdays & Fridays  
 8 a.m. - 8 p.m.  
 Saturdays  
 8 a.m. - 12 noon  
 Closed Sundays and all hospital recognized holidays



## Why Exercise?

Regular exercise is found to have a profound effect on a person's health status. Daily physical activity substantially reduces the risk of death from heart disease, the region's leading cause of death. It decreases the risk for stroke, colon cancer, diabetes, and high blood pressure. Exercise also helps to control weight; contributes to healthy bones, muscles, and joints; reduces falls among older adults; helps to relieve the pain of arthritis; reduces symptoms of anxiety and depression; and is associated with fewer hospitalizations, physician visits, and medications. We hope you will become a chronic exerciser. Call us today about joining the exciting Minges Wellness Center.



*"I am always greeted by name and the staff checks on me to make sure I have all the help I need."*

Reese Garner

*Lenoir Memorial*

 **Minges  
Wellness  
Center**

*exercise is strong medicine*



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Hospital

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