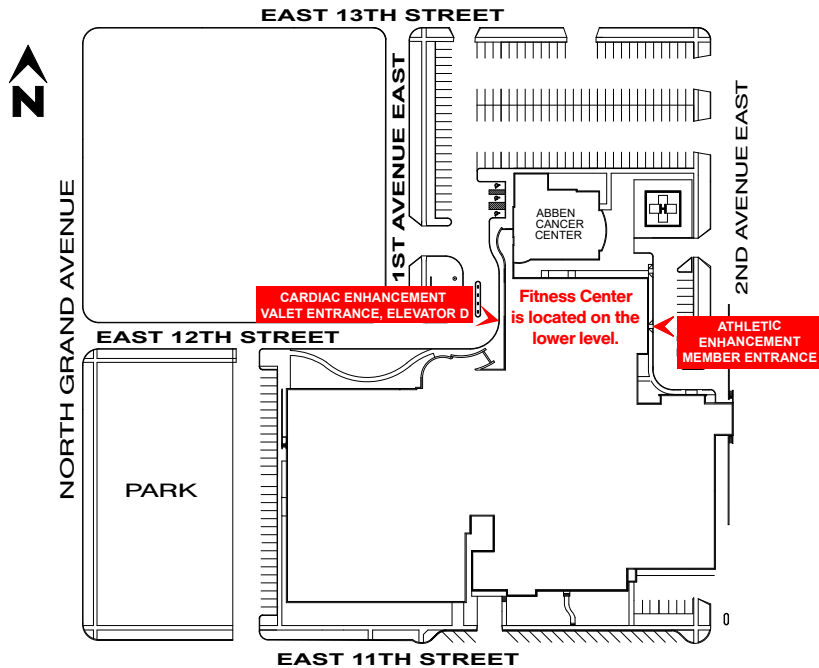


## Fitness Center Location



**Spencer Hospital**  
*Healthier Together.*

### Supervised Hours

Monday - Friday  
6:30 AM - 3:00 PM

### Fitness Center

(712) 264-6633

### Website

[SpencerHospital.org](http://SpencerHospital.org)

AE-500 (11/2024)

# FITNESS CENTER

**ATHLETIC ENHANCEMENT - 24 HOUR ACCESS**  
**CARDIAC ENHANCEMENT - MEDICALLY SUPERVISED**



## The area's only medically integrated health and fitness center.

Spencer Hospital's Fitness Center has a wide selection of cardiovascular and strength training equipment providing the precision motions needed to attain the healthy body you desire.

**Cardiac Enhancement** has an easily accessible entrance with valet services providing access to our fitness center which is supervised by Registered Nurses.

**Athletic Enhancement** adult members receive 24 hour access, 7 days a week, 365 days a year.

There are Certified Strength & Conditioning Specialists on staff that will be available to you during supervised facility hours.

No start-up fees or annual contracts!  
Call for a tour today! **(712) 264-6633**



**Spencer Hospital**  
*Healthier Together.*



## Fitness Center

8,000 square foot facility conveniently located on the lower level of Spencer Hospital.

**Cardiovascular Equipment:** Treadmills, elliptical trainers, upright bikes, recumbent bikes, dual action bikes.

**Strength Equipment:** Full line of Cybex selectorized equipment, Free weights including dumbbells and barbells, Shuttle MVP, Dual Adjustable Pulley, Physioballs and Medicine Balls.

**Facilities:** XM radio, AudioFetch broadcast televisions, private changing rooms with showers, unlimited towel service.

**Additional Benefits:** Blood pressure screenings, lunch and learn programming.

**Call (712) 264-6633 to schedule your enrollment meeting.**

## Monthly Memberships

- No start-up fees or annual contracts
- Save 10% by pre-paying annually

### Cardiac Enhancement

Self-Pay Monthly

### Athletic Enhancement\*\*

Auto-Payment processed monthly via ACH from a checking account.

### Membership Plans

1st person	\$44
2nd person	\$33
3rd person	\$22
4th person	\$11
Day Pass	\$15

\*\*Athletic Enhancement memberships include 24 hour use of the Fitness Center.

\*\*Minors can access the facility during supervised hours or with a member parent/guardian present.

## Cardiac Enhancement

Available Monday-Friday | 6:30 AM - 3:00 PM

**Registered Nurses** supervise an exercise program targeting cardiovascular risk factors such as hypertension, elevated cholesterol/lipids, obesity, diabetes, heart failure, as well as other diagnoses that benefit from regular exercise. It is designed to help you maintain recovery and continue to live a full and active life through:

- Supervised workout sessions to enhance and maintain strength and cardiovascular fitness.
- Assistance to develop self-awareness of capabilities and limitations.
- Safety and reassurance of exercising within a medical facility.

## Athletic Enhancement

Available 24 hours | 7 days a week

### Certified Strength & Conditioning

**Specialists:** Athletic Enhancement Staff from Spencer Hospital are Certified Strength & Conditioning Specialists through the National Strength & Conditioning Association.

**Personal Training Packages:** Certified Strength and Conditioning Specialists will customize individual training programs that will help you achieve your health and fitness goals. The individualized sessions provide direction, motivation, and program adjustments as needed, whether you are recovering from an injury, training for a race, or simply looking to attain overall quality health.

### 30 Minute Sessions\*      Rate

2 Sessions	\$40
10 Sessions	\$150
30 Sessions	\$300

\*Must be a monthly member or purchase day pass for personal training.

\*Online or virtual sessions are available.

### Benefits of Exercise

- Lower blood pressure
- Strengthen muscles
- Improve mobility
- Reduce body fat
- Decrease stress



*With the help from state-of-the-art equipment, you'll be on your way to a healthier, happier you.*