

Membership Options

A variety of membership options exist in order to meet your needs. Clients can sign up for 12 months, 6 months, 3 months, or 1 month memberships.

There is a discount for senior members defined as those individuals 62 years and older.

There is a \$75 one-time joining fee on all new memberships.

Payment options include payment in full for the year (receive 10% discount) or debit of bank account or credit card on a monthly basis.

Membership options available for *only* land or water classes, Senior Cardio and Yoga/Pilates.

Non-member daily guest fee \$ 10.00

Non-member daily swim fee \$ 5.00 adult

\$ 2.00 child

Programs available for additional fees:

- ♦ Massage Therapy
- ♦ Fitness Evaluations
- ♦ Personal Training
- ♦ Kids Camps
- ♦ Swim Lessons
- ♦ Pool Rental

Call or stop by for more information!

Facility Hours

Monday-Thursday: 5 a.m.-10 p.m.

Friday: 5 a.m.-8 p.m.

Saturday: 7 a.m.-6 p.m.

Sunday: 10 a.m.-6 p.m.



**Your Partner in
*Healthy Living***



WELLNESS CENTER

412 Maple Summit Road

Jerseyville, Illinois

Phone: (618) 498-3500

Fax: (618) 498-8493

www.jch.org



Jersey Community Hospital

WELLNESS CENTER



**Your Partner in
*Healthy Living***

412 Maple Summit Road

Jerseyville, Illinois

Phone: (618) 498-3500

Fax: (618) 498-8493

www.jch.org

Get Fit! Stay Fit!

Amenities

CHILD CARE



Child care is available for parents who utilize the facility. **Children 9 and under must be in the child care area if a parent is exercising.** Cost for child care is \$12 per month or \$4 per child per visit. There is a 90-minute time limit.

Hours for child care are as follows:

MONDAY-FRIDAY
8:15 a.m.—11:30 a.m.

MONDAY-THURSDAY
4:00 p.m.—8:30 p.m.

FRIDAY
4:00 p.m.—6:00 p.m.

SATURDAY
8:15 a.m.—11:00 a.m.

LOCKER ROOMS

Spacious locker rooms with hot tub, daily locker use, showers, and hair dryers are available for your use.

Daily use lockers are free. Lockers are available for rent to those desiring to leave personal items at the Wellness Center.

Workout towels are available free of charge. Bath towel service is available for an additional fee.

Health Assessment

All clients will be screened. Individuals who are determined to be at a higher risk for heart disease may be required to receive medical clearance from their physician prior to participation.

Cardiovascular



- Treadmills
- Steppers
- Recumbent Bikes
- NuSteps
- Elliptical Cross-Trainers
- Upper Body Exercisers
- Upright Tectrix Bicycles
- Concept II Indoor Rower
- 16-Piece Cybex Strength Circuit

Free Weight Room



Cybex Free-Weight Equipment

Two Swimming Pools



Exercise classes:

- Deep Water
- Senior Cardio
- Hydromotion
- Lap Swim
- Water Sculpt
- Family Swim
- Water Walk-it-off

Lap Pool—84°F

Exercise classes:

- Water Arthritis
- Water Yoga
- Joints in Motion

Therapy Pool—90°F



Aerobics



- Step,
- Yoga,
- Spinning,
- Bootcamp,
- Rep Reebok,
- Sr. Cardio
- and more

