

# Health and Wellness Service



## Corporate Wellness Services

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

### Corporate Service Offering:

- Health Risk Assessments / Biometrics Screening
- On-site Professionals
- Nurses, Wellness Coach, Exercise Specialist
- Monthly Weigh-in
- Blood Pressure Screenings
- Educational Series
- Customized Newsletters/Email Notices
- Wellness Challenges
- Walking, Nutrition, Weight Loss
- Wellness Classes
- Healthy Living Weight Management Class
- Stress Management
- Group Exercise Classes
- Chair Massage

All wellness programs are customizable and **HealthPoint** is willing to work with your budget and your corporations needs to put together a wellness program that will work for your company!



**330.202.3318**  
**FAX: 330.202.3304**

Wooster Community Hospital Health System  
 HealthPoint, Health and Wellness  
 3727 Friendsville Rd. | Wooster, OH 44691



www.woosterhospital.org

### Facility Hours of Operation:

Mondays - Thursdays ..... 5:30am — 9:00pm  
 Fridays ..... 5:30am — 8:00pm  
 Saturdays ..... 7:00am — 5:00pm  
 Sundays ..... 10:00am — 4:00pm

### Kids Korner Hours:

Mon-Fri 9am-11:30m AND Mon-Thurs 4pm-7:30pm  
 (Hours may vary in Kids Korner seasonally)

### Open Pool Times:

Mondays ..... 5:30am—8:00am / 6:30pm—8:30pm  
 Tuesdays ..... 5:30am—7:30am  
 Wednesdays ..... 5:30am—8:30am / 5:00pm—8:30pm  
 Thursdays ..... 5:30am—7:30am  
 Fridays ..... 5:30am—8:00am / 5:00pm—6:30pm  
 Saturdays ..... 7:00am—3:00pm  
 Sundays ..... CLOSED

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## HealthPoint Health and Wellness



### Programs and Activities



*Our Purpose*  
**MISSION**

TO PROVIDE ACCESSIBLE, QUALITY HEALTHCARE SERVICES TO ALL PEOPLE, TO PROMOTE COMMUNITY WELLNESS, AND TO DO SO WITH COMPASSION, DIGNITY, AND RESPECT OF THE NEEDS OF THOSE WE SERVE.

*Our Ambition*  
**VISION**

TO BE THE REGIONAL HEALTHCARE PROVIDER OF CHOICE BY ASSURING THAT ALL SERVICES ARE PATIENT CENTERED, COST EFFECTIVE AND OUTCOME DRIVEN.

*Our Beliefs*  
**VALUES**

- EXCELLENCE
- SERVICE
- INNOVATION
- INTEGRITY
- COMPASSION
- TEAMWORK

### DEGREED AND CERTIFIED

A wide range of disciplines are at your disposal. Exercise Physiologists, Wellness Coaches, Nutritionists, and Personal Trainers are all here to turn your wellness goals into reality.



3727 Friendsville Road • Wooster, OH 44691 • www.woosterhospital.org • 330.202.3318

# Health and Wellness Plans

For more membership options and information, go to [www.woosterhospital.org/your-health/wellness-programs/health-wellness](http://www.woosterhospital.org/your-health/wellness-programs/health-wellness)

Daily Options <i>The flexibility to fit any schedule.</i>	Cost
*Day Pass - Floor Only	\$7
Unlimited Access Day Pass	\$9
Unlimited Access Punch Pass (10 visits)	\$70
Unlimited Access Punch Pass (20 visits)	\$120
*Day Pass Limitations: • Group exercise classes not included • Wellness 101 sessions are not included	

Short Term Options - Paid in full only	Cost + Tax
One Month	\$40
3 Month Student - with student ID	\$75
6 Month - Silver Plan	
- Single	\$180
- Couple	\$300
- Family	\$360

Long Term Options 12 Month EFT Gold Plan	Cost + Tax
Single EFT	\$25 Month
Couple EFT	\$45 Month
Family EFT	\$55 Month
Long Term Options 12 Month Paid in Full Gold Plan	Cost + Tax
Single PIF	\$300
Couple PIF	\$540
Family PIF	\$660

**Couple** — Two people living at the same address  
**Family** — Three or more people living at the same address. Up to 6 people  
**EFT** — Electronic Funds Transfer Option: Automatic monthly debit of your annual membership dues from your bank checking/savings account

**Gold PIF — You pay 12 months and receive the 13th month FREE**

## All-Inclusive Memberships

**Get Started Today!**

- What does that mean? Everything! Services you receive for NO COST with your membership are top-notch.
- Experience the freedom to choose a different workout as you please. Unlimited land/cycle group exercise classes are included in your membership. No sign-ups needed. Just walk-in and get moving! Water classes are free - sign ups are required, space is limited.
- Kid's Korner - Drop off your child anytime during our NEW EXTENDED HOURS...for FREE!
- Wellness 101-New to exercise? Consult with our Fitness Services Staff to get a head start on your fitness routine
- Open Pool - Relax those muscles in this area's only warm water therapy pool.
- Towel Service
- Daily-use Locker Service
- Never an Enrollment Fee, or an Annual Fee!
- Exercise Physiologists on staff to help every step of the way
- Unlimited freezes to your membership! (Minimum day requirement)
- Health and Wellness Member Benefits - early access to exclusive sales, appreciation days, and much more!



# Health and Wellness Plans



Fitness one-on-one training sessions with degreed and certified personal trainers. Isn't it time to meet instead of miss your goals?

## Individual Training

- Access to a private Training Studio
- Education and Behavior Modification
- Motivation and Accountability

Sessions	Member Rate	Cost
1	1 Hour Individual Training Session	\$47.00 <b>Save \$7</b>
6	1 Hour Individual Training Session	\$264.00 <b>Save \$42</b>
12	1 Hour Individual Training Session	\$500.00 <b>Save \$84</b>

Sessions	Member Rate	Cost
1	30 Minute Individual Training Session	\$27.00
6	30 Minute Individual Training Session	\$153.00
12	30 Minute Individual Training Session	\$288.00

\*Non-member rates available

## 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 work-out 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.

**Kids Korner Hours:**  
 Mon-Fri 9am-11:30pm AND  
 Mon-Thurs 4pm-7:30pm  
 Saturday Seasonal



## Exercise and Wellness Education

### Wellness 101 (Beginning Fitness)

If you are beginning an exercise routine, new to our facility, or are in need of a refresher, this one-on-one session is for you. Our Fitness Services staff will design a custom routine and get you comfortable on the fitness floor. (Included with all memberships).

## Massotherapy

**Gift Cards Available**

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.

Call 330.202.3317 to schedule

Type of Session	Cost + Tax
1 Hour Massage	\$55
1/2 Hour Massage	\$41

