



Hess Fitness Center



The Hess Fitness Center was made possible through a donation provided by the late George and Evaline Hess in 1981. Their generosity gave the community of McPherson and the surrounding area an affordable place to exercise and gain valuable fitness knowledge. The fitness center provides an excellent space to work out in an atmosphere that encourages interaction and exercise enjoyment.

Our services

Are you ready to get fit? If the answer is yes, and you realize that it will take time to see body composition changes, then we can assist you in developing an appropriate program. We promote a lifestyle habit of exercise that can result in more energy, stress reduction, a better self-image, improved flexibility, strength, muscle tone and endurance. We provide the instruction and you provide the commitment!

This quality fitness program is provided by a staff of experienced technicians with educational backgrounds in exercise. You will find the staff not only knowledgeable, but friendly, encouraging and helpful!

Equipment you'll find:

Treadmills	Air-Dyne bikes
AMT machine	Smith machine
Recumbent bikes	Elliptical trainers
Hand weights	Multi-Station Paramount
Nutrition counseling	Rowing machine
Weight lifting	Recumbent stepper
Locker rental	Personal training available upon request

Discount corporate memberships
Dressing rooms with lockers, showers and restrooms
Cardiac rehab with physician referral is for those individuals with coronary problems that consist of heart attack, stable angina, coronary bypass, aortic valve replacement, pacemaker, stents, angioplasty, PTCA and heart failure.

Getting started

Complete the health history consent form and have it signed by your physician if necessary.

Call 241-2251, ext. 176 to set up your assessment appointment.

Bring your completed consent form and payment the day of your assessment.

Please dress in exercise attire that includes a short sleeve shirt and tennis shoes.

The following tests are available and may vary according to your age or risk factors:

Blood pressure	Flexibility
Abdominal strength	Weight and body composition
Target heart rate	Upper & Lower body strength
Stretching exercises	Equipment explanation
Individual exercise prescription	O2 stat

Discount membership includes the following groups:

Office staff of active med. staff	Active Volunteers
Seniors (60+)	Corporate memberships
Full-time students	Hospital board members
On-call volunteers for Hess Fitness Center	

Hospital and PRN employees and family members living in the same residence enjoy free memberships as do medical staff (including Radiologists, ER physicians and RehabVisions). Family memberships include anyone living at the same residence over the age of 16. With a doctor's consent, students under 16 may join but need to be with a parent when working out.

Hours

The fitness center is available 24 hours a day using a keycard system. Current members can come in between 8 to 5 Monday through Friday to purchase an entrance card for a one-time fee of only \$10.

Rates

Monthly	Single	Family
Public	\$30	\$45
Discount	\$25	\$40

New: 6 Month

Public	\$150	\$225
Discount	\$125	\$200

Summer rates for full-time students: \$50

Assessment/joining fee: \$25 single / family

Re-join or partial assessment fee: \$12 single / family

Locker fee: \$12 / 6 months

Guest fee: \$3 / Day

Body composition for non-members: \$8

Assessment for non-members: \$30

Wellness Consultation: \$25

Hess Fitness Center McPherson Hospital

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