

Hess Fitness Center



Staffed Hours

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

(closed 9:30-10:30 a.m. M, W, F for cardiac rehab)

Personal access card needed for 24/7 access

Rates

Monthly	Public	Discount	6-month	Public	Discount
Single	\$30	\$25	\$150	\$125	
Family	\$45	\$40	\$225	\$200	

Personal access card; new or replacement: \$10

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 Center for Health

1000 Hospital Drive

McPherson, Kansas 67460

PH: 620.241.2251, Ext. 176

FAX: 620.798.2622

Email: danic@mcphersonhospital.org

mcphersoncenterforhealth.org

McPherson Hospital, Inc.

The Hess Fitness Center was initially 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 current remodeled location on the hospital campus was provided through the McPherson Health Foundation by Connie and the late Jim Hess and the Elmer Dalke Trust.



McPherson
CENTER FOR HEALTH

A fitness tradition for the community

The Hess Fitness Center has a long history of providing an excellent space to work out in a relaxed atmosphere that encourages interaction and the enjoyment of exercise.

You'll find:

- Treadmills
- AMT machine
- Recumbent bikes
- Hand weights
- Rowing machine
- Recumbent stepper
- Nutrition counseling
- Discount corporate memberships
- Dressing rooms with lockers, showers and restrooms
- Cardiac rehab with physician referral 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.
- Air-Dyne bikes
- Smith machine
- Elliptical trainers
- Multi-Station Paramount
- Weight lifting equipment
- Locker rental
- Personal training available upon request

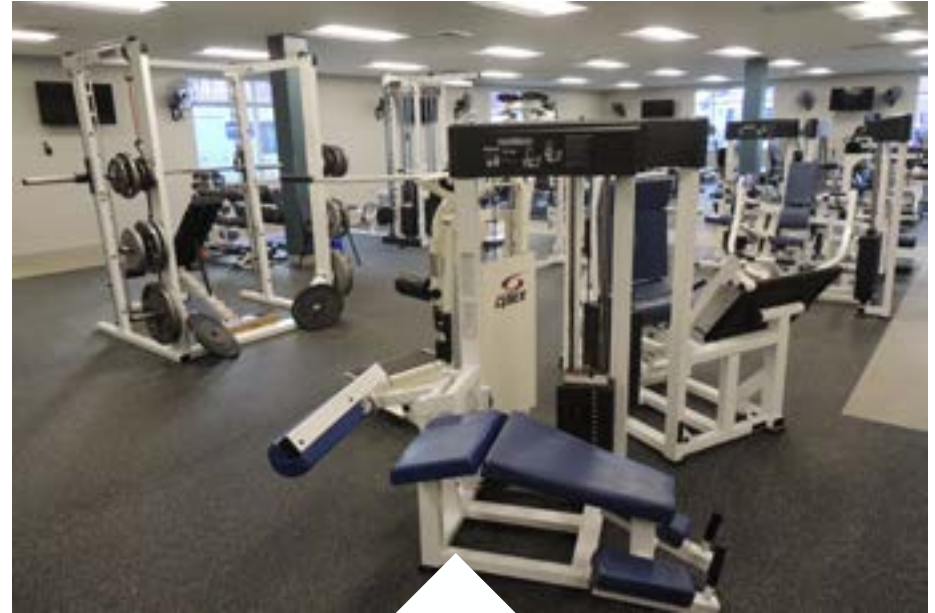
Our services

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!

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 sat

- Discount membership includes the following groups:

Office staff of active medical staff	Active auxiliary members
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. Students under 16 may join but need to be with a parent when working out.