

UPDATED 6/15/23

WELLNESS CENTER



CHI HEALTH GOOD SAMARITAN

BECOMING A MEMBER

Adults, 16 years and older, wishing to join our facility will be asked to provide some basic information and sign a waiver of liability and payment agreement. Please stop by our front desk to sign up!

GUESTS

Wellness Center Members can bring an unlimited number of guests. Each guest may access our facility 10 times. Anyone who has been a guest or member before will not qualify for guest passes again.

DAILY USAGE

Stop by and try out our facility for the day! Day passes are \$8 and can be purchased at the front desk.



LOCATION

We are located at Good Samaritan Hospital in the lower level of the Medical Office Building.

10 E 31ST ST.
Kearney, NE 68847



WELLNESS CENTER AT CHI
HEALTH GOOD SAMARITAN

LIKE OUR PAGE FOR UPDATES,
CANCELLATIONS, AND OTHER EVENTS!

HOURS:

Monday-Friday: 4:30am-9pm
Pool: 5am-8:30pm
(Pool closes at 8pm on Thursdays)
Saturday: 7am-4pm
Pool: 7am-3:30pm
Sunday: 1pm-5pm
Pool: 1pm-4:30pm

EQUIPMENT

Our facility features over 30 pieces of cardiovascular equipment and over 30 pieces of strength training equipment including:

- True & Precor Treadmills
- Matrix Endurance Recumbent and Upright Bikes
- Kaiser Cycle Bikes
- Gauntlet Stairmaster
- Nu-Steps
- Rowing Machines
- Lateral Ellipticals
- Unilateral & Lateral Selectorized & Plate Loaded Area
- Free-Weight Area
- Matrix Mega Double Half Rack
- Free Motion Genesis Dual Cable Cross
- Plate Loaded Hip Thrust Platform

ADDITIONAL AMENITIES

- Towel Service
- Locker rooms with dry heat saunas, shampoo, soap, lotion and a vanity area
- Cardiovision TV system which allows members to tune their personal headphones into any TV station on the facility monitors
- Hot tub
- A variety of group exercise classes for all skill levels and ages
- Coffee
- Pro Shop offering Wellness Center T-Shirts, all natural fruit smoothies, protein smoothies and snacks

LOCKER RENTALS

Lockers are available while members are exercising in the facility. If you wish to leave items overnight, half lockers may be rented for \$85/year or full lockers for \$125/year.

RENEW ACTIVE/ONE PASS

Renew Active by United Health Care & Medica One Pass allows individual policy plan holders of the United Health Care Medicare plan to join the Wellness Center at no cost. Renew Active & One Pass members need to provide a confirmation code to qualify.



TURTLE® POOL

Our Turtle® Pool is one of only ten in the world and provides a soothing workout in its currented lap ring and arthritis relief in the inner heated waters. Our Turtle® Pool features two parts- an interior rectangular warm water (91-94°) and an exterior oval track of cooler (84-88°) water. A current, up to 4 mph, is constantly being pumped into the oval track facilitating water walking with or against the current. The slightly deeper interior pool is filled with warmer water and is utilized in therapy and exercise. Our pool area also features a relaxing spa (104°). Water shoes are requested but not required.

CERTIFIED STAFF

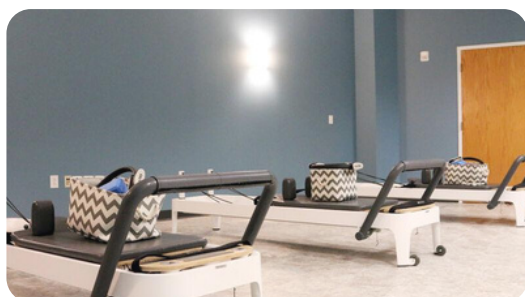
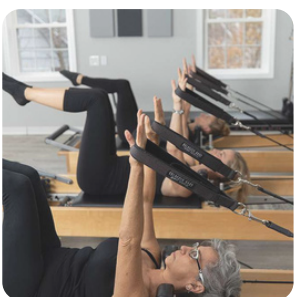
Our trainers are required to carry certification by the American College of Sports Medicine, National Academy of Sports Medicine, National Strength and Conditioning Association, or the ACE.

PERSONAL TRAINING

We offer a variety of styles of personal training to fit your wants and needs. Offering Private, Partner, Group (3 or more), & water training. We ensure you get the experience you need while also helping to fit high quality training into your budget.

PILATES REFORMER

Pilates reformer can help you increase strength and flexibility, improve coordination and balance, and create mind/body awareness. The Pilates reformer is a piece of fitness equipment that uses a spring-based resistance system. The machines allows for a more dynamic and targeted low-impact workout. The Wellness Center offers private and small group Pilates reformer sessions.



APPOINTMENT POLICY REQUIREMENTS

Payments are due before an appointment can be scheduled

24-hour cancellation of appointment is required

Failure to give 24-hour cancellation notice will result in forfeiture of the scheduled prepaid session

8-minutes late is considered a missed appointment

It is suggested that you show up 10-15 minutes early to warm up for the session

Pre-paid sessions have a 1 year expiration from date of purchase

EFT Sessions are charged on the 1st of the Month

EFT Membership must be cancelled before the 1st of the month

24-Hour Courtesy
Cancellation
On EFT sessions
would be appreciated

KIDS CAMP

For kids 14 - 15 years of age we offer four 30 minute sessions with our personal trainers. With these sessions our trainers will go over basic knowledge of the facility in order to further your child's knowledge. Once cleared, your child will be able to have a membership to the Wellness Center with restrictions*. Restrictions include limited hours (7 a.m. - 7 p.m. M-F) and no access to the pool and locker rooms. If the participant is with a legal guardian they will have full access to the facility.

EQUIPMENT INSTRUCTION

The trainer will demonstrate the upper, lower, and core weight machines as well as the cardio machines! This ensures that you are comfortable and set up for success. Equipment Instruction sessions may be purchased individually or with a partner for a discount.

INBODY SCANNER

With our Inbody scanner individuals will receive a printed report of a full body analysis that helps determine body composition.

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On EFT sessions would be appreciated

Facility Etiquette & Policies

- If you get it out: **PUT IT AWAY**
- If you sweat on it: **CLEAN WITH X-WIPE**
- If it's open: **CLOSE IT**
- If it's broken: **REPORT IT**
- If it's been 30 minutes: **ALLOW SOMEONE ELSE TO USE IT**
- If you are sitting on it: **ALLOW SOMEONE ELSE TO USE IT**
- If you change the attachment: **REPLACE IT**
- **No photography or audio/video recording of self or others**
- **No dropping weights**
- **The use of cell phones for capturing pictures or video is prohibited**
- **We discourage use of cell phones while on the exercise floor**
- **Personal training or teaching of any kind is prohibited unless employed by the Wellness Center**
- **Please keep conversations to a short duration while using strength training equipment to allow for others to use the equipment**

ATTIRE

- **NO Dress shoes, sandals, or any type of open-toed shoes**
- **NO Sports bras worn independently. A t-shirt or tank top is also required**
- **NO Clothing containing pornographic, vulgar, or tasteless material**
- **NO Clothing that is excessively torn**
- **NO Two-piece swimsuits in the pool**
- **Water shoes are requested but not required**
- **If you wear it to workout in: WASH IT**

Termination Policy

A signed termination form must be received by the **last day of the month** in order to **avoid charges for the following month.**

Freeze Policy

Membership Freeze (\$5 monthly fee)

Members may freeze their account for a maximum of 6 consecutive months in a calendar year. While your account is frozen, a non-refundable, \$5 monthly fee will be charged per person frozen. The facility is not accessible during the freeze period. Freeze dates will begin the 1st of the month and end the last day of the month.

Medical or Active Military Freeze (No fee)

This includes those experiencing medical restrictions and active military only. Documentation (including a Dr.'s signature) must be provided for those with medical restrictions. The facility is not accessible during the freeze period. Freeze dates will begin the 1st of the month and end the last day of the month.

MASSAGE THERAPY

To Schedule Call
308.865.7458

60-minute (\$75)
Cupping (\$85)

Wellness Center
members, volunteers &
CHI employees receive a
\$5 discount.

Gift cards available.

CHI Health Good
Samaritan
West Tower-10 E 31st
Street

Deb Fox, LMT
Karie Worthington, LMT
Sierra Quadhamer, LMT
Alyssa Johnson, LMT



Cancellation Policy

8 hour cancellation of
appointment is
required

Failure to give 8 hour
cancellation notice
will result in full payment
of missed appointment

Whether you're seeking relaxation, pampering or the healing effects of massage, an appointment with one of our licensed massage therapists will leave you feeling refreshed and rejuvenated.

Swedish Massage:

A full-body massage for overall relaxation.

Deep Tissue Massage:

More localized to problematic areas, not necessarily full body.

Pregnancy Massage – Prenatal & Post

Cupping:

A form of therapy in which a therapist puts special cups on the skin for a few minutes to create suction to help with pain, inflammation, blood flow, relaxation, lymphatic drainage, and deep tissue massage.

Sports Massage:

Sports massage can help to loosen legs and muscles before or after races, marathons or other competitions.

Cranial Massage:

Targets areas that can cause migraines and stress headaches.

Cancer Massage:

Specific for people just finding out they have cancer, going through treatments and living with cancer.

Active Release:

Incorporates stretching to actively release tight muscles.



WELLNESS CENTER MEMBERSHIP PRICING

GOOD SAMARITIAN HOSPITAL

***PRICING EFFECTIVE JANUARY 1, 2024

CHI Employee	Enrollment Fee	Pricing
CHI Employee (Must have ID badge)	\$50	\$240 / yr \$20 / mo
TotalYOU	\$50	\$120 / yr \$10 / mo

Memberships	Enrollment Fee	Pricing
Community Members Joining Independently	\$50	\$564 / yr \$47.00 / mo
Seniors Clergy Active Military/Veteran	\$50 *Enrollment fee is waived one-time only	\$504 / yr \$42.00 / mo
Cardiac Rehabilitation Kearney Physical Therapy	\$50 *Enrollment fee is waived one-time only	\$456 / yr \$38.00 / mo
CHI Health Good Samaritan Volunteers/Retirees	\$50 *Enrollment fee is waived one-time only	\$348 / yr \$29.00 / mo
Student Membership Must provide current ID and class schedule (yearly)	\$25 *Enrollment fee is waived one-time only	\$456 / yr \$38.00 / mo

Additional Family Members	Enrollment Fee	Pricing
First Add-On Spouse OR Dependent Child (Ages 16 through 25)	\$25	\$240 / yr \$20 / mo
Second Add-On Dependent Child (Ages 16 through 25)	\$0	\$120 / yr \$10 / mo
Additional Child (Ages 16 through 25)	\$0	\$0 / yr \$0 / mo

Kids Camp	Enrollment Fee	Pricing
Kids Camp (Ages 14-15)	\$50 *Includes 4 sessions with personal trainer	\$240 / yr \$20 / mo

Membership dues include applicable sales tax of 7%.
Enrollment Fees are one-time administrative fees with sustained membership.
Individuals qualifying for multiple discounts will receive the single greatest discount.

PERSONAL TRAINING

Individual

Partner

Group (3-5)

Pay As You Go

1 session 30 minutes	\$30.00
10+ sessions 30 minutes	\$25.00

1 session 30 minutes	\$25.00
10+ sessions 30 minutes	\$20.00

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No Group Pay As You Go

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Auto Pay EFT (minimum of 3 months)

1x/week 30 min session	\$88/month \$22/session
2x/week 30 min sessions	\$160/month \$20/session
3x/week 30 min sessions	\$216/month \$18/session
4x/week 30 min sessions	\$256/month \$16/session
5x/week 30 min sessions	\$280/month \$14/session

1x/week 30 min session	\$66/month \$16.50/session
2x/week 30 min sessions	\$120/month \$15/session
3x/week 30 min sessions	\$162/month \$13.50/session
4x/week 30 min sessions	\$192/month \$12/session
5x/week 30 min sessions	\$210/month \$10.50/session

1x/week 30 min session	\$44/month \$11/session
2x/week 30 min sessions	\$80/month \$10/session
3x/week 30 min sessions	\$108/month \$9/session
4x/week 30 min sessions	\$128/month \$8/session
5x/week 30 min sessions	\$140/month \$7/session

Additional Services

Equipment Instruction

Equipment Instruction (private)	\$20.00
Equipment Instruction (partner or group)	\$15.00

InBody

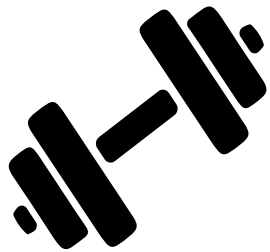
InBody Scan (Training Clients)	\$10.00
InBody Scan (Non Training Clients)	\$15.00

Body Composition

Body Composition	\$20
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Kids Camp (Ages 14-15)

4 Sessions	\$50
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*All training clients receive 1 InBody Scan every 3 months



PILATES REFORMER

Individual

Partner

Group (3-4)

Pay As You Go

1 session
30 minutes

\$30.00

10+ sessions
30 minutes

\$25.00

1 session
45 minutes

\$30.00

10+ sessions
45 minutes

\$25.00

Drop In Class

1 session
30 minutes

\$15/person

Auto Pay EFT (minimum of 3 months)

1x/week
30 min session

\$88/month
\$22/session

2x/week
30 min sessions

\$160/month
\$20/session

3x/week
30 min sessions

\$216/month
\$18/session

4x/week
30 min sessions

\$256/month
\$16/session

5x/week
30 min sessions

\$280/month
\$14/session

1x/week
45 min session

\$70/month
\$17.50/session

2x/week
45 min sessions

\$125/month
\$15.63/session

3x/week
45 min sessions

\$170/month
\$14.17/session

4x/week
45 min sessions

\$195/month
\$12.19/session

5x/week
45 min sessions

Currently Not
Offered

1x/week
45 min session

\$60/month
\$15/session

2x/week
45 min sessions

\$115/month
\$14.38/session

3x/week
45 min sessions

\$150/month
\$12.50/session

4x/week
45 min sessions

Currently Not
Offered

5x/week
45 min sessions

Currently Not
Offered

Additional Services

Nutrition

30 min Session 2x/month

\$75/Month

Equipment Instruction

Equipment Instruction
(private)

\$20.00

Equipment Instruction
(partner or group)

\$15.00

InBody

InBody Scan
(Training Clients)

\$10.00

InBody Scan
(Non Training Clients)

\$15.00

Accountability Session

Accountability Session
(First Session \$20.00)

\$15.00

Body Composition

Body Composition

\$20

Kids Camp (Ages 14-15)

4 Sessions

\$50

*All training clients receive 1 InBody Scan every 3 months



