

wellness of mind, body and spirit



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# Facilities designed to help keep you well.

wellness of mind, body and spirit

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**Covenant Wellness Center**  
Kimball Ridge Center  
2101 Kimball Avenue  
Waterloo, IA 50702

**Sartori Wellness Center**  
Sartori Memorial Hospital  
515 College Street  
Cedar Falls, IA 50613

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## Personal Training

Personal training offers a customized exercise program to individuals who want personal attention in obtaining their fitness goals. The trainers will design, implement and manage your individualized exercise program based on nutrition assessments, fitness testing, strength and cardiovascular training. The personal training staff is nationally certified. They have completed extensive training in exercise prescription, physiology and kinesiology. Personal training is ideal for those who don't know where to start, have hit a fitness plateau or are recovering from an illness or injury. Whatever the reason, a personal trainer provides the individual boost and support they need. Free consultations are available and include a no obligation meeting to discuss one's wellness goals. For a personal consultation call (319) 272-2255. One hour or half hour sessions available.

## Sport Acceleration Program

As an athlete you work hard. To really train so that it makes the most difference...you must find what areas to target for improvement and use the right drills to correct your weaknesses. The Sport Acceleration Program offers a personalized training plan based on your current athletic ability, your sport and your needs. For more information contact our sports trainers at (319) 272-2285.

## Massage Therapy

Therapeutic massage is one of the most effective ways to relieve stress. Massage has numerous physical and mental benefits including deep relaxation and muscle tension relief, increased joint flexibility and a relaxed state of alertness. It is also a gentle therapy. Massage is a wonderful way to relax and increase your energy while improving circulation and mobility. A massage table specially designed for pregnant women is available at Sartori and Covenant to accommodate pregnant women during pregnancy and postpartum. Appointments can be scheduled at Covenant Medical Center, Covenant Wellness Center at Kimball Ridge and Sartori Memorial Hospital. Gift certificates are available. Wellness Center members receive one free 30-minute massage and \$5.00 discounts on 1-hour full body massages. *Membership massage therapy offer not valid with any other discounts or coupon offerings.*

### Massage Offerings

1-hour full body massage	\$40.00
30-minute massage	\$28.00

## Specialty Classes

Throughout the year specialty classes are offered in addition to the regular class schedule. Preregistration is required for all specialty classes each month. *Look for specialty classes on the fitness schedule.*

## Weight Management

This program will inspire you to improve your lifestyle habits and help shed unwanted pounds. This program offers individual support, nutrition and exercise information to help lose weight and keep it off. This 6 month program includes monthly presentations and weekly weigh ins. Enroll at any time throughout the year. Ask one of our staff how you can enroll today! What have you done today to make you feel proud?

## Personal Wellness Profile

The Personal Wellness Profile (PWP) helps identify an individual's health status by assessing coronary risk, cancer risk, fitness, body composition, nutrition, stress, tobacco, alcohol use and blood pressure. The PWP is easy to complete and soon after you'll receive a personalized report based on your test results. One free PWP is included in a 12-month wellness center membership. Subsequent body composition testing is encouraged following the initial reading performed during the PWP. Body composition testing is an ideal results measuring tool. *First body composition test free as part of the PWP wellness center membership offer. Additional body composition tests are \$10.00 per reading.* Fasting cholesterol screens (lipid blood profile) are available for \$12.00 and are performed in the lab at Covenant or Sartori.

## Child Care

We recognize parents of small children face unique challenges. Both wellness centers offer on-site child care to members looking for peace of mind while exercising. Our goal is to promote healthy life-styles for the entire family and to help you find the time to exercise. Children must be 3-months to 7-years of age to participate in the child care center. Parents must remain in the wellness center while children are in the child care center.

## Hours

### Covenant Wellness Center

Mon. - Fri.	8:00-11 a.m.
Mon. - Thurs.	4:30 - 7 p.m.
Sat.	8:00-10 a.m.

### Sartori Wellness Center

Mon./Wed./Fri.	8:30 a.m. - 10:30 a.m.
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**Parents are encouraged to take advantage of this offering.**

## Chiropractic Care

With 16 years of experience, Brad Brooks, D.C. provides comprehensive care including chronic and difficult cases, fibromyalgia, carpal tunnel, sports injuries like tendonitis and sprains, auto injuries and chronic pain. New patients are welcomed.



Appointments can be made with Dr. Brooks by calling (319) 272-1850. Consultations are available at no charge. Your care may be covered 100% by insurance. Call us to find out. We accept all major insurance providers and credit cards.

## Personal Training

Personal training offers a customized exercise program to individuals who want personal attention in obtaining their fitness goals. The trainers will design, implement and manage your individualized exercise program based on nutrition assessments, fitness testing, strength and cardiovascular training. The personal training staff have completed extensive training in exercise prescription, physiology and kinesiology. Free consultations are available and include a confidential meeting to discuss one's wellness goals. For more information about this offering call (319) 272-2255. *One hour and half hour sessions available.*

## Massage Therapy

Therapeutic massage is one of the most effective ways to relieve stress. Massage has numerous physical and mental benefits including deep relaxation and muscle tension relief. A massage table specially designed for pregnant women is available at Sartori and Covenant. Appointments can be scheduled at Covenant Medical Center, Covenant Wellness Center at Kimball Ridge and Sartori Memorial Hospital. Gift certificates are available. Wellness Center members receive one free 30-minute massage and \$5 discounts on 1-hour full body massages. *Membership massage therapy offer not valid with any other discounts or coupon offerings.*

### Massage Offerings

1-hour full body massage	\$40
30-minute massage	\$28

## Aeromatherapy and Hot Stone Massages are now available!

## Specialty Classes

Throughout the year specialty classes are offered in addition to the regular class schedule. Preregistration is required for all specialty classes. *Look for specialty classes on the fitness schedule or on covhealth.com. Specialty classes subject to change.* For more information please inquire at (319) 272-2255.

## Sport Acceleration Program

As an athlete you work hard. To really train... so that it makes the most difference you must find what areas to target for improvement and use the right drills to correct your weaknesses. If the participant desires, our trainers will work in coordination with your coaches to enhance your performance. The Sport Acceleration Program offers a personalized training plan based on your current athletic ability, your sport and your needs. This service offering is available for individuals 11 years of age and older. For more information contact our sports trainers at (319) 272-2285.

## Personal Wellness Profile

The Personal Wellness Profile (PWP) helps identify an individual's health status by assessing coronary risk, cancer risk, fitness, body composition, nutrition, stress, tobacco, alcohol use and blood pressure. One free PWP is included in a 12-month wellness center membership. Subsequent body composition testing is encouraged following the initial reading performed during the PWP. *First body composition test free as part of the PWP wellness center membership offer. Additional body composition tests are \$10.00 per reading.* Fasting cholesterol screens (lipid blood profile) are available for \$12 and are performed in the lab at Covenant or Sartori.

## Child Care

Both wellness centers offer on-site child care to members looking for peace of mind while exercising. Our goal is to promote healthy lifestyles for the entire family and to help you find the time to exercise. Children must be 3-months to 8-years of age to participate in the child care center. Parents must remain in the wellness center while children are in the child care center.

### Covenant Wellness Center

Mon. - Fri.	8:00-11 a.m.
Mon. - Thurs.	4:30 - 7 p.m.
Sat.	8:00-10 a.m.

### Sartori Wellness Center

Mon./Wed./Fri.	8:30 a.m. - 10:30
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## Wellness Center Membership Options

<b>Annual Membership:</b>	<b>Individual</b>	<b>\$28/month</b>	<b>(electronic funds transfer)</b>	<b>\$336/year</b>
	<b>Couple</b>	<b>\$47/month</b>	<b>(electronic funds transfer)</b>	<b>\$564/year</b>
	<b>Family</b>	<b>\$52/month</b>	<b>(electronic funds transfer)</b>	<b>\$624/year</b>

A 12-month membership includes use of both Sartori and Covenant wellness center facilities, choice of unlimited fitness and dance classes, circuit weight and cardiovascular equipment, free child care, wellness offerings includes smoking cessation and stress management classes, one free 30-minute massage; and a personal wellness profile. Family members must be in 9th grade or older to utilize the weight room.

<b>Senior Discount:</b>	<b>Individual</b>	<b>\$24/month</b>	<b>(electronic funds transfer)</b>	<b>\$288/year</b>
	<b>Couple</b>	<b>\$36/month</b>	<b>(electronic funds transfer)</b>	<b>\$432/year</b>
	<b>Snowbird</b>	<b>\$33/month</b>	<b>(electronic funds transfer)</b>	<b>\$264/8 mos.</b>

*\* must be used in eight consecutive months and is available to members who reside out of state during the winter months.*

A 12-month membership includes use of both Sartori and Covenant wellness center facilities, choice of unlimited fitness and dance classes, circuit weight and cardiovascular equipment, free child care, wellness offerings includes smoking cessation and stress management classes, one free 30-minute massage; and a personal wellness profile.