



We're excited you have chosen us as your home gym and would like to welcome you to the Northern Wellness & Fitness Center family!

Your membership gives you access to all of our top-of-the-line equipment, classes, indoor pool, seasonal outdoor pool, climate controlled walking track, and saunas.

Northern Wellness & Fitness Center is committed to a **RELENTLESS PURSUIT OF EXCELLENCE** in all aspects of personal health, wellness, and fitness. We strive to serve our community by providing a safe and welcoming environment that values its members and guests. We believe the foundation to achieving fitness success is enjoyment, which is why we aim to provide the best space, equipment, classes, and customer service to our community.



Our facility provides a diverse range of classes and equipment catering to all individuals. Stay informed about new classes, schedules, and any changes by following our social media platforms. Scan the QR Code to access our website for detailed information about our offerings.

**Thank You for Choosing
Northern Wellness & Fitness
Center,**

Dean

Dean Carpenter, Manager



At Northern Wellness & Fitness Center, we aim to support our members in reaching their peak health. Our staff, who are both Helpful and Knowledgeable, are committed to assisting you throughout the sign-up process and addressing any inquiries or issues you may have.

Furthermore, our team includes Certified Personal Trainers and Instructors who will tailor workout plans to meet the unique needs of each member. If you are interested in training, please refer to our Trainers and Instructors and prices below:

Personal Trainer Prices:

Personal Training ½ Hour	\$30
Personal Training 1 Hour	\$40
4 - ½ Hour Personal Training Sessions	\$120
8 - ½ Hour Personal Training Sessions	\$230
12 - ½ Hour Personal Training Sessions	\$330
20 - ½ Hour Personal Training Sessions	\$520
4 - 1 Hour Personal Training Sessions	\$160
8 - 1 Hour Personal Training Sessions	\$310
12 - 1 Hour Personal Training Sessions	\$450
20 - 1 Hour Personal Training Sessions	\$720

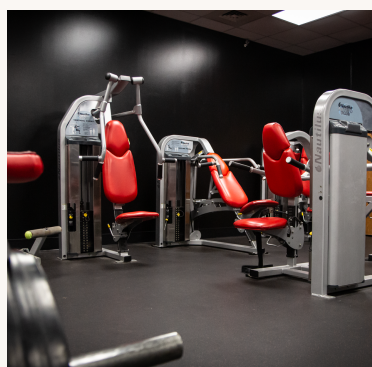
MANAGERS:

Dean Carpenter
Manager

dcarpenter@wearenorthern.org

Heather Brady
Assistant Manager

hbrady@wearenorthern.org



FRONT DESK STAFF:

Maritza Tellez

Front Desk Staff

mtellez@wearenorthern.org

Victoria Johnson

Front Desk Staff

vjohnson@wearenorthern.org

Madison Stockman

Front Desk Staff

mstockman@wearenorthern.org

Khloe Smith

Front Desk Staff

ksmith@wearenorthern.org

Our Crew:



TRAINERS & INSTRUCTORS:

Rachael Williams

Lead Instructor and Personal Trainer

rwilliams@wearenorthern.org

Corey Valentine

Personal Trainer

northernwellness@wearenorthern.org

Mandy Martin

Personal Trainer and Instructor

northernwellness@wearenorthern.org

Sandra King

Personal Trainer and Instructor

northernwellness@wearenorthern.org

DeLynn Doss

Personal Trainer and Instructor

northernwellness@wearenorthern.org





Useful Information:

ALL Memberships include: Indoor/Outdoor Pool, Small. Multipurpose room, Large. Multipurpose room (Best equipped with the BEST Rogue equipment) Cardio equipment (Stairmaster, Treadmills, Ellipticals, etc.) Two Free Weight Areas, Gymnasium (Basketball/Pickleball Courts) Indoor Walking Track, and Saunas.

We also offer Guest Passes for \$10, granting access to all amenities for pass holders. (Guests are Required to sign a waiver before entering.)

LOCKER ROOMS:

In both the Men's and Women's Locker Rooms, lockers are available for rent or day use. Saunas and Showers are also located in each Locker Room.

Locker Rental Prices:

Monthly= \$5

Quarterly= \$10

Yearly= \$40



MEMBERSHIPS:

We provide a range of membership options to suit everyone's requirements. Our facility operates on a month-to-month payment basis. NO CONTRACTS EVER! Upon signing up, there is a one-time enrollment fee. We kindly ask for the enrollment fee and the first month's payment on the day of registration.

- Kids must be 21 years old or under to be on a membership.
- Each additional kid after the third will be \$15 extra per month
- Enrollment Fee can be waived by signing up for Credit/Debit Card Draft!

PAYMENT AGREEMENTS:

Yearly Memberships are available. Non-refundable

Monthly: Pay each month on the day the membership began at the Facility.

Credit/Debit Card Draft: Membership Dues will come out each month automatically. (Credit/Debit card information will be asked for by Front Desk Staff when signing up)

Checking Account/Bank Draft: Payments will be automatically processed on the 15th of every month. Please bring voided check

CANCELLATION POLICY:

To cancel, you must submit a cancellation form at least 5 business days before the billing date; otherwise, you will be billed for the month. Cancellation Forms are located at the Front Desk!

Memberships are billed monthly, regardless of member visits, until member cancels.

INSURANCE COVERAGE:

We welcome a range of insurance providers. To enroll through insurance, contact your insurance provider for approval before visiting the facility.

Accepted Insurance Programs:

- Silver & Fit
- Renew Active
- Silver Sneakers



Helpful Tips & Reminders:



HEALTHY AND HELPFUL TIPS:

Staying fully hydrated is essential for a healthy and stable body.

When exercising, a proper warm up and cool down process is important to a healthy and safe workout.

For strength training, good form is essential. Initially use no weight, or very light weights, when learning the exercises. Never sacrifice good form by hurrying to finish reps or sets, or struggling to lift heavier weights.

Listen to your body. Hold off on exercise when you're sick or feeling very fatigued. If you stop exercising for a while, drop back to a lower level of exercise initially. Be aware that training too hard or too often can cause overuse injuries like stress fractures, stiff or sore joints and muscles, and inflamed tendons and ligaments.

RULES AND REGULATIONS:

1. Individuals aged 14 and above are permitted to use equipment, the pool, etc., without supervision.
2. Be Supportive, Welcoming and Courteous to all
3. Return all equipment and weights after workout is complete
4. Vaping, Smoking, Alcohol, or any tobacco usage is prohibited on the premises
5. Foul language/aggressive behavior is not permitted
6. Please wipe down the equipment after each use, spray and paper towels or wipes are located throughout the facility, as well as hand sanitizer stations
7. Report any problems to the front desk so they can be addressed immediately
8. Pickleball nets are to be moved by team lifting at both ends of the net
9. We value our member/guest suggestions and have a suggested box located near the front desk



SOCIAL MEDIA ACCOUNTS:

Facebook: Northern Wellness and Fitness Center

Instagram: @northern_wellness_fitness

TikTok: @northernwellnessfitness

Twitter: @ChooseNWFC

EXPLORE OUR SOCIAL MEDIA PLATFORMS FOR UPDATES ON SALES, CLASS CANCELLATIONS, HELPFUL TIPS, AND MUCH MORE.



To Get You Started...

AS A THANK YOU FOR CONSIDERING OUR GYM OR BECOMING A MEMBER, WE ARE PROVIDING A 3-DAY WORKOUT PLAN THAT WE RECOMMEND YOU GIVE A TRY!

***This workout may not be suitable for everyone, as individual fitness levels and abilities vary. It is essential to assess your own physical condition and capabilities before attempting any exercise. Start slowly and progress at your own pace, ensuring that you can comfortably perform the movements without undue strain or pain.

See a Personal Trainer if you have any questions.

Workout Terminology:

Repetition: also known as "reps" is one completion of an exercise.

For example: on the leg extension machine, you extend your legs 4 times. You have completed 4 repetitions.

Sets: number of times you will repeat a particular number of reps (repetitions) for example: 2 sets of 8 squats = squatting 8 times, resting, squatting 8 times



Begin with a 5-10 minute warm-up session to prepare your body for exercise. This can include light cardio exercises such as brisk walking, jogging in place, or cycling at a comfortable pace.

On the next page is an A/B/C workout.

If performed 3 times a week you will complete A on Day 1, B on Day 2, C on Day 3.

If you are working out 5 days a week it will look more like:

Day 1=A, Day 2=B, Day 3=C, Day 4=A, Day 5= B. The next week you will pick up with C and cycle back to A, then B, then C, etc.

If you miss a day, just pick up where you left off.

You can perform each exercise for a determined number of repetitions or for a set amount of time, depending on your comfort level.

Start with 8-10 repetitions or 20-30 seconds for each exercise. Begin with 1 set of each exercise and increase to 3 sets as your strength and endurance improves.

Take short breaks between exercises or as needed, but try to keep the rest periods brief to maintain the intensity of the workout. Around 30-45 seconds.

Workout:

A: Exercise/Machine	Sets	Reps	Weight	Settings
Leg Press				
Hamstring Curl				
Seated Calf Raise				
Mid Row				
Lat Pull Down				
Incline Press				
Abdominal				
B: Exercise/Machine	Sets	Reps	Weight	Settings
Lower Back				
Leg Extension				
Pull Over				
Vertical Chest				
Overhead Press				
Triceps				
Biceps				
Rotary Torso				
C: Exercise/Machine	Sets	Reps	Weight	Settings
Adduction				
Abduction				
Rear Delt				
Pec Fly				
Lateral Raise				
Seated Dip				

***This workout may not be suitable for everyone, as individual fitness levels and abilities vary. It is essential to assess your own physical condition and capabilities before attempting any exercise. Start slowly and progress at your own pace, ensuring that you can comfortably perform the movements without undue strain or pain.

See a Personal Trainer if you have any questions.