

Join Now

Senior Individual: (age 60 & above)	\$25 monthly \$127 biannual \$225 annual
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Senior Couple: (age 60 & above)	\$35 monthly \$178 biannual \$315 annual
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Individual:	\$30 monthly \$153 biannual \$270 annual
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Family:	\$40 monthly \$204 biannual \$360 annual
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To join, stop by the Healthy Living Center at Guthrie County Hospital and sign up with a fitness center employee.

Fitness center employees are always available for questions about membership benefits, equipment or programs.

Fitness Center

The Fitness Center at Guthrie County Hospital has been available to the public for a membership fee.

In 1999 the Fitness Center opened with 550 square feet available to members for use.

In 2005 the Fitness Center moved to the Healthy Living Center. The space increased to 1,890 square feet and allowed additional equipment and class offerings. The biggest addition was an indoor walking track.

Even though the fitness center has gone through many changes over the years, our mission remains the same.

Our mission is to:

- Provide year-round access to safe and comfortable exercise equipment.
- Promote physical, emotional and social well-being.
- Provide instruction to each member regarding safe and effective exercise.
- Provide educational materials promoting optimal health and fitness.



The expertise you need. The personal care you want.

GCH Healthy Living Center

710 N. 12th • Guthrie Center, IA • 50115 • 641-332-3810

Fitness Center



The expertise you need. The personal care you want.

Hours

Monday– Friday 5 a.m.-8 p.m.

Saturday 8 a.m.-Noon

Closed on the following holidays :

- Thanksgiving Day
- Christmas Eve & Christmas Day
- New Year's Day
- Memorial Day
- Labor Day
- Fourth of July

Equipment

- Indoor walking track
- 5 treadmills
- 3 Elliptical steppers
- Cross-trainer
- 4 NuStep machines
- 3 stationary bicycles
- 2 rowing machines
- Abdominal station
- Hip abduction/adduction station
- Fly/rear deltoid station
- Free weights & stretching area
- Multi-station weight machine

Member Rules

- All members must sign in at the Physical Therapy desk.
- Membership includes an orientation to the equipment and how to exercise safely. All members must attend an orientation session before using equipment.
- All members must wear clean shoes. Shoes may not be worn outside.
- Members must be appropriately clothed while using the facility. Shirts must be worn at all times.
- Children must be at least 12 years of age to use facilities under adult supervision. Individuals 14 and older may use the facility independently. No daycare services are provided.
- Members must wipe down equipment after use.
- Members may not store items in lockers overnight.
- Valuables that are left in lockers at own risk. Members are encouraged to use the locks provided.

Amenities

- Orientation and instruction on equipment
- Shower room
- Towel service
- Secure lockers
- Flat screen televisions

Classes

Classes are available at no extra cost to fitness center members. Schedules vary depending on instructor availability.

Classes may include a variety in:

- Weight training
- Low-impact aerobics
- Cross-training
- Exercise ball
- Yoga/stretch
- Additional classes– check for postings!