



GUTHRIE
COUNTY HOSPITAL

An Affiliate of  UnityPoint Health

FITNESS CENTER



Equipment

- Indoor walking track
- 4 treadmills
- 3 Elliptical steppers
- 5 Recumbent steppers
- 2 stationary bicycles
- 1 rowing machines
- Abdominal station
- Hip abduction/adduction station
- Fly/rear deltoid station
- Free weights & stretching area
- Leg press/calf raise station
- Leg extension/leg curl station
- Multi-station with lat pulldown/mid row
- Multi-press station for chest and shoulder press

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.

**Not a member but want to take a class?
Only a \$5 drop-in charge for each class.**



641-332-3810 for More Information



Find us on Facebook!

guthriecountyhospital.org



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Join Now!

Senior Individual \$25 monthly
(age 60 & above) \$127 biannual
 \$225 annual

Senior Couple \$35 monthly
(age 60 & above) \$178 biannual
 \$315 annual

Individual \$30 monthly
 \$153 biannual
 \$270 annual

Family \$40 monthly
 \$204 biannual
 \$360 annual

PERSONAL TRAINING AVAILABLE!

BUSINESS HOURS

Monday-Friday 7:00am-5:00pm

FOB ACCESS

Monday-Friday 4:30am-7:00am &
5:00-9:00pm

Weekends 4:30am-9:00pm

NOT STAFFED ON ALL MAJOR HOLIDAYS

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