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| --- | --- | --- | --- | --- | --- |
|  | Mon | Tues | Weds | Thurs | Fri |
| 7:30am | Cardiac Rehab  90 min - Gym |  | Cardiac Rehab  90 min - Gym | Cardiac Rehab  90 min - Gym |  |
| 10:30am | Cardiac Rehab  90 min - Gym |  | Cardiac Rehab  90 min - Gym | Cardiac Rehab  90 min - Gym | Pre-Diabetes  9-11am – Fitness Rm  1st Friday of the month |
| Noon | Flow Yoga  45 min – Fitness Rm | Core  30 min - Fitness Rm | Power Yoga  30 min - Fitness Rm | Core  30 min - Fitness Rm |  |
| 12:30pm |  | Super Fit  30 min - Fitness Rm | Restorative Yoga  30 min - Fitness Rm | Super Fit  30 min - Fitness Rm |  |
| 1:00pm -3:00pm | Pulm Rehab  1pm – Gym  2pm – Fitness Rm |  | Pulm Rehab  1pm – Gym  2pm – Fitness Rm |  |  |
| 4:30pm – 5:30pm | Functional Strength  1 hr – Fitness Rm |  | Functional Strength  1 hr – Fitness Rm |  |  |

Use your Badge outside Ste 140 to get in afterhours/weekends.

\*Please be mindful of the following when using the gym or fitness room:

* No muddy shoes
* Turn off and put away ALL equipment when done
* Clean equipment with wipes when done
* Refrain from using the gym if you are sick or ill

**Earn Points & Redeem Prizes for Working Out!**

**Check In Online through WellnessLiving**

1. Visit [**https://www.wellnessliving.com/schedule/mercywellness**](https://www.wellnessliving.com/schedule/mercywellness)
   * You can use the computer in the Fitness Room, Ste 144
2. Click "Gym/Fitness Rm Hours" from the top menu bar
3. Click Personal Workout in Gym/Fitness Rm, then click "Next"
4. Find today’s date on the calendar and click on it
5. Select your preferred time slot and then click "Next"
6. Log into your account or Sign Up
7. After you have signed in, click "Complete"

**Or, request points using the WellnessLiving Achieve app (download to your phone).**

1. Open the app and click Rewards in the bottom right corner
2. Click Earn Points
3. Click Request Points for Personal Workout in Gym/Fitness Rm

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Questions regarding signing up or your WellnessLiving account? Please contact:

* Jolie Ensign, Wellness Coordinator, 970-764-2701, [**JolieEnsign@Centura.org**](mailto:JolieEnsign@Centura.org)
* Taylor Montgomery, Sr. Rehab Tech, Mercy Sports Medicine, 970-259-9207, [TaylorMontgomery@Centura.org](mailto:TaylorMontgomery@Centura.org).