

THE VIKING CENTER WELLNESS CENTER
501 Elliott Street, Suite C
P.O Box 42
Stanton, Iowa
712-829-2900
Director: Justin Miller
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FACILITY HOURS (Excluding Holidays)

- Hours of Operation
Open Every Day: 5:00 a.m. to 10:00 p.m.
- Select Holiday Hours of Operation
Open on Holidays to members with keycard access.

••ALL HOURS SUBJECT TO CHANGE WITHOUT NOTICE••

- ✓ ***NO SMOKING!*** – The Viking Center Wellness Center is a non-smoking facility; smoking is not permitted within 25 yards of the facility or on Stanton Community School District Property.
- ✓ ***NO ALCOHOLIC BEVERAGES!*** – Alcohol is not permitted inside any portion of The Viking Center or on the Stanton Community School District property. If caught inside or outside of the Viking Center under the influence of alcohol you will be reported to the authorities and your membership can be terminated.
- ✓ ***NO CELL PHONE USAGE INSIDE THE LOCKER ROOMS!*** – Please refrain from using your cell phone inside the locker rooms. The Viking Center would like to protect everyone’s right to privacy.
- ✓ ***CAREGIVERS WELCOME!***- Caregivers are welcome to attend the Viking Center Wellness Center for care giving purposes only. If the caregiver is not a member, they are only allowed to help with the care and safety of the participant, not full use of the facilities or equipment. See staff for details and a name tag.
- ✓ **VIDEO CAMERAS WILL BE IN USE AT THE VIKING CENTER WELLNESS CENTER.** Video cameras will be recording at all times during the day for the safety and well-being of all of our members, staff and guests. Electronic keys record entry and exit.
- ✓ **AUDIO FOR THE TV’S IN THE FITNESS AREA-TV’s can only be used on closed caption and all radio and devices need to be used with head phones.** See fitness monitor for help if needed.

MEMBERSHIP INFORMATION

TYPES OF MEMBERSHIPS:

- **SINGLE:** A single membership will consist of a single adult-age 18 and older.
- **COUPLE:** A couple's membership will consist of two people living in the same household. Example: Husband and Wife; Father and son or Mother and daughter.
- **FAMILY:** A family membership will consist of a family living in the same household. Only 2 people over the age of 21 in the membership. Example: Father, Mother and children (unlimited).
- **STUDENT (Sponsored by the Viking Center. Youth Sports Included):** A student single membership consists of, a single student between the ages of 5 up to age 18. When they turn 18, they are considered an adult. *Youth sports include, but not limited to gym time for practice, a coach, and the practice schedule. This also does not include uniform, tournament fees, possible lodging, food, water, etc.*

MEMBERSHIP RATES: Memberships can be purchased at the Viking Center.

With the purchase of a membership, each Stanton Viking Center member will be issued one key card that will grant them access to the building and its amenities offered (i.e Wellness Center, Viking Room, Gymnasium, Walking Track). For each additional key card issued to members, there will be a \$10 deposit paid by the member or group (family or couple who wishes to have more than one card). Once a membership is cancelled, you can return your card to the Viking Center staff for reimbursement. Any lost card will result in a \$10 charge.

Annual Membership

Family (includes youth sports)	\$365.00
Couple	\$235.00
Single	\$185.00
Student (Sponsored by the Viking Center. Includes youth sports)	\$135.00

*** Automatic debit from checking or savings is available encouraged for monthly payments.**

\$30.42 per month-Family

\$19.59 per month-Couple

\$15.42 per month-Single

\$11.25 per month-Student

•Daily Guest Pass:

The Viking Center Wellness Center will accommodate Guests of Members as a value-added service. We recognize that a membership should be treated as priority.

Non-members who are not guests can use the Viking Center at the daily rate below. These guests must enter through the front door of the Viking Center and follow the stairs down to the Director's office to purchase their day pass and fill out the appropriate paperwork.

Non-Member Daily Rate

Adults \$8

Children \$5

•Entering

The Viking Center Wellness Center is for members only. You must always use your membership electronic key to enter the Viking Center Wellness areas of the facility. If you do not have your key you may be asked for a valid picture I.D. If a replacement key tag is needed you will be charged a \$10.00 fee. Each member must present their own key.

•Age

Any member under the age of 12 must be directly supervised by an adult. Adult supervision must be within the same vicinity of the under-age member at all times. Members 12 years of age and above have access to the entire facility and its services.

•Dress Code

Shirts, shorts, sweat suits, leotards, workout tights, and non-marking athletic shoes must be worn in all areas of The Viking Center Wellness Center. Open toed shoes such as sandals are not permitted in the fitness areas, except under physician orders. Denim jeans and cut offs are not permitted on the fitness equipment.

MEMBER SERVICES

***Weight Room Orientation**

This orientation is included in your membership and is designed to accommodate your health and fitness needs. During this appointment, a fitness instructor will instruct members on the proper use of the fitness equipment; adjustments, weights, repetitions, personal modifications and safety.

***Weight Room Etiquette - Please carry in your shoes-no street shoes allowed.**

Please follow these guidelines while using the weight room.

- 1. Please be courteous and respectful to others.**
- 2. Return and rack all of your own weights when finished.**
- 3. Allow people to “work in” or take turns.**
- 4. Do not sit on the machines between exercises if people are waiting.**
- 5. Please wipe down your machine when finished.**
- 6. Please dress appropriately (no cut offs, no open toed shoes).**
- 7. Please be aware some fragrances can be offensive to others.**
- 8. Swearing, grunting and loud noise can be offensive to others.**
- 9. Do not drop weights on the floor.**
- 10. Do not monopolize several pieces of equip. while others are waiting.**
- 11. Towels must remain in workout room.**
- 12. No food! Water or sports drinks are acceptable.**

***Personal Training TBD**

Personal Training is a great way to gain the information, guidance and motivation you need to achieve your fitness goals.

***Aerobic Room TBD**

A variety of group exercise classes will be offered in the multi- purpose studio.

***Group Exercise Etiquette**

- 1) Please be on time.**
- 2) Please be considerate of other’s exercise space.**
- 3) Please keep conversation to a minimum during the class.**
- 4) Do not enter the studio before another class has finished.**
- 5) We strongly suggest listening to the advice of the instructors.**
- 6) Please wear appropriate attire during a group exercise class.**
- 7) Please refrain from eating or drinking during class. Water bottles are acceptable.**
- 8) Please avoid wearing excessive cologne and/ or perfume to class.**

*Indoor Track

The indoor track located above the gym floor measures 16 times around a mile. Members using the track should travel counter clockwise direction with the walkers staying in the inside lane, runners on the outside. Please do not climb over the rails.

*Basketball Court-Please carry in clean gym shoes-no street shoes allowed

The basketball court will be open for free play during specified gym time. If you are using the full court and others are waiting to play, please be courteous and switch to the short courts. Basketballs will be available. No food or drink allowed except water bottles and/or sports drinks.

*Towels

Towels are “NOT” provided for members to use while attending The Viking Center. Please bring your own towels for personal use. The Center will provide towels to wipe off the machines after each use.

BUILDING RENTAL RATES

*Viking Room per hour:

The Viking Room is available for rent at \$50 for 4 hours at a time.

*Gymnasium per hour:

The gym is available for rent at \$50/hr for ½ of the gym. \$100/hr for the full gym space.

LOCKERS

*Daily Use Lockers TBD

Daily Use Lockers will be available to members soon. Please see the Viking Center staff for any questions.

*Rental Lockers TBD

Rental Lockers will be available to all members at a reasonable cost. Please see the Viking Center staff for any questions.

WEATHER ALERT POLICY

*For class cancellations or closing of the Center due to weather—check Facebook or listen to KCSI 95.3 Red Oak or KMA 960 Shenandoah.

FACEBOOK

*Be sure to “like” Stanton Friends on Facebook for facility and program updates at the Viking Center!