



Arthur & Gloria  
**Muselman**  
Wellness Pavilion



## MEMBERSHIP SERVICE DIRECTORY

### HOURS OF OPERATION

Monday - Thursday	5:00 a.m. - 9:00 p.m.
Friday	5:00 a.m. - 6:00 p.m.
Saturday	7:00 a.m. - 4:00 p.m.
Sunday	1:00 p.m. - 5:00 p.m.

MEMBERSHIP SERVICES

BODY ASSESSMENT.....2

BODY COMPOSITION EVALUATION.....3

DUET TRAINING.....2

GOAL SETTING 101.....4

MASSAGE THERAPY.....4

ORIENTATION.....3

PERSONAL TRAINING.....2

PRIVATE SWIM LESSONS ADULT/CHILD BEGINNER.....5

PRIVATE SWIM LESSONS ADULT/CHILD STROKE DEVELOPMENT.....5

SILVERSNEAKERS® FITNESS PROGRAM ORIENTATION.....4

YOUTH CONDITIONING SAFETY COURSE.....3

### PERSONAL TRAINING

A custom, individualized program designed to help you reach your goal of weight loss, strength training, increased athletic performance, or just getting started on a safe and effective exercise routine. Let our staff of trainers be your guide!

\$35 – One, 60-minute session

\$95 – Three, 60-minute sessions

\$170 – Six, 60-minute sessions

### DUET TRAINING

Have fun training with a friend and split the cost! This is a great opportunity for those who need someone constantly pushing them to reach their goals. Why not add a little friendly competition to your workouts?

\$40 – One, 60-minute session

\$110 – Three, 60-minute sessions

\$190 – Six, 60-minute sessions

### BODY ASSESSMENT

A one-on-one assessment of body composition and baseline fitness levels provide you with the best way to track your wellness adventure. Body Assessments offer a great way to keep you motivated as you are working your tail off while trying to reach your goals. Includes measurements of Heart Rate, Blood Pressure, Body Composition, Cardiovascular Ability, Muscular Strength & Endurance and Flexibility.

\$25 – Initial Body Assessment

\$10 – Follow-up Body Assessment (recommended for at least 3 months post-initial Body Assessment evaluation)

### BODY COMPOSITION EVALUATION

This is a one-on-one assessment of body composition that is a perfect way for those looking to lose inches or gain muscle mass. This is perfect for those individuals who need to see immediate results to stay motivated. Body Composition Evaluations will look at height and weight results, Body Mass Index (BMI), Waist-to-Hip Ratios (WHR), Circumference sites (girth), and when applicable, skinfold measurements.

\$10 – One, 15 minute session

### YOUTH CONDITIONING SAFETY COURSE

Youth ages 12 – 15 are permitted into the exercise room only after completing this course. This course will provide adolescents with a basic knowledge of exercise that will enable them to use the equipment in a safe and effective manner

FREE! – Member must attend two, 60-minute sessions with trainer

### ORIENTATION

Let our staff show you how to effectively and safely use our equipment. We'll "hold your hand" as you learn how to use the machines. You'll receive advice and guidance firsthand from a qualified fitness professional. These recommendations will be based on a standard exercise regimen.

FREE! – 30 – 60 minute session, depending on previous exercise knowledge

### SILVERSNEAKERS® FITNESS PROGRAM ORIENTATION

Our staff members will show you the ins and outs of our facility and its operations. We will discuss with you the best options of exercising and set up a program to fit your special needs.

FREE – to SilverSneakers® Fitness Program members

### GOAL SETTING 101

Finding motivation to stick with an exercise routine can be challenging. Let our staff work with you to help set SMART goals. Goals that are Smart, Measurable, Attainable, Realistic and Timely allow for you to achieve the health and fitness levels you desire! Let our staff help keep you accountable for your goals.

\$10 – One, 15 minute session

### MASSAGE THERAPY

Our Certified Massage Therapist offers a variety of massages including; Deep Tissue Massage, Trigger Point Therapy, Relaxation Massage or Hot Stone Massage. These make great gifts for Spouses, Family Members, Athletes, Bosses, Employees and anyone special you may want to appreciate.

\$1 – Per Minute (Chair Massage)

\$30 – Half Hour Massage

\$50 – One Hour Massage

#### PRIVATE SWIM LESSONS – CHILD/ADULT BEGINNER

Students will learn basic water skills including blowing bubbles, bobbing and floating on front and back. Once student masters these skills, they will begin to learn basic freestyle and backstroke techniques.

\$20 – Per 30 minute lesson

#### PRIVATE SWIM LESSONS – CHILD/ADULT STROKE DEVELOPMENT

This class is designed for those who already know how to swim but would like to improve or learn proper stroke technique. Let us help you improve your butterfly, backstroke, breaststroke, or freestyle technique. We will also help with proper breathing and flip techniques to make your swim more efficient.

\$20 – Per 30 minute lesson



**ARTHUR & GLORIA MUSELMAN WELLNESS PAVILION  
APPOINTMENT REQUEST FORM**

Today's Date: \_\_\_\_\_

Member Name: \_\_\_\_\_

Age: \_\_\_\_\_ D.O.B. \_\_\_\_\_

Best place to be reached:

Home Phone #: \_\_\_\_\_

OR

Cell Phone #: \_\_\_\_\_

New Member: \_\_\_\_\_ Current Member: \_\_\_\_\_

Days and Times Available for Appointments:

Mon  Tues  Wed  Thurs  Fri  Sat  Sun

Anytime  Morning  Afternoon  Evening

Please provide information such as health issues, physical activity restrictions, new to fitness, fitness goals, etc. and the best time to contact you: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

I would like an appointment for (please check all that apply):

- Body Assessment  Body Composition Evaluation
- Duet Training  Goal Setting 101  Massage Therapy
- Orientation  Personal Training
- Private Swim Lessons Adult/Child Beginner
- Private Swim Lessons Adult/Child Stroke Development
- SilverSneakers® Fitness Program Orientation
- Youth Conditioning Safety Course

✂ Cut Along Dotted Line and Return to the Front Desk



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