

## Hours of Operation

Monday - Thursday 5:30 a.m. - 9:00 p.m.

Friday 5:30 a.m. - 6:00 p.m.

Saturday 7:00 a.m. - 4:00 p.m.

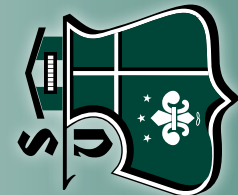
Sunday 1:00 p.m. - 5:00 p.m.



## Wellness Classes

- Balance
- High & Low Impact
- Toning & Conditioning
- Water Aerobics

“Swiss Village’s Community Wellness Center exists to improve the quality of life experience for all members by providing the facilities, equipment, programs, and staff to nurture wellness.”



**Swiss Village, Inc.**  
1350 W. Main St.  
Berne, Indiana 46711

Non-Profit  
Organization  
U.S. Postage Paid  
Berne, IN 46711  
Permit No 71

Opening  
January 15, 2009

CHANGING LIVES NOW!

Arthur & Gloria  
**Muselman**



Wellness Pavilion

Swiss Village, Inc.  
Berne, Indiana

(260) 589-4496  
[www.swissvillage.org](http://www.swissvillage.org)



## Amenities

- Aquatic Center
- Cardio Fitness
- Child Care (M-F)
- Fitness Classes
- Game Room
- Health Education
- Jacuzzi
- Kitchen
- Locker Rooms w/ Showers
- Massage Therapy / Treatments
- Multi-Use Room
- Strength Training

*“Exercise is like a savings account.  
The more you put in, the more you  
are going to get out of it.”*

*-Ron Ekovich*

## Membership Opportunities

### Monthly Membership

*(with yearly contract agreement)*

Adult Membership \$40.00

Family Membership (Household) \$60.00

### Monthly Membership

*(without yearly contract agreement)*

Adult Membership \$45.00

Family Membership (Household) \$75.00

### Daily Rates

Non-Members / Guests \$7.50

### Membership Discounts

Swiss Village Residents Free

Swiss Village Employees 50% off

***For Registration Information Visit  
[www.swissvillage.org](http://www.swissvillage.org)***

\*\*\* Monthly memberships require EFT payments withdrawn on the first business day of the month. Monthly membership paid by check require an additional \$5.00 processing fee.

## Personal Benefits of Regular Exercise

- Build Bone Density & Muscle Mass
- Boost Emotional & Spiritual Well-Being
- Improve Cardiovascular Health & Lung Capacity
- Improve Overall Balance
- Improve Physiologic, Metabolic, & Psychological Limitations
- Improve Work, Leisure, & Activity Performance
- Lose Weight
- Reduce Risk Of:
  - Anxiety & Depression
  - Cardiac Events
  - Colon & Breast Cancers
  - Hypertension
  - Obesity
  - Osteoporotic Fractures
  - Stroke
- Reduce Stress

