

WILLIAMS WELLNESS CENTER



**Williams
Wellness Center**

Commit to a Healthier You!

Take control of your health by participating in regular physical activity. Combined with a balanced diet, a consistent exercise program will help you achieve any health, weight loss or overall wellness goals you may have.

Fitness Facilities

- **Indoor Walking Track**

The indoor track allows walkers and runners to enjoy exercise in rain or shine. Take advantage of the climate controlled, shock absorbent track and step into better health.

- **Circuit Weight Machines**

Weight machines that will work every muscle in the body are set up in a circuit format in the gym area. Go through the machines for a quick and effective total body workout. Staff is available to answer questions and give free orientations on all of the equipment.

- **Cardio Room**

The cardio room has a variety of machines to get your heart pumping including treadmills, cross trainers, stair climber, NuStep and exercise bikes.

- **Free Weight Room**

The newly remodeled Oelwein High School free weight room is available to members

for use. It features Power Lift equipment including dumbbells from 5-100 lbs., Olympic bars, five combo racks, a functional cable trainer and other high quality weight equipment.

- **Fitness Classroom**

This room is available during staffed hours when there are no scheduled fitness classes. It has a soft floor that is ideal for stretching and core work. There is a variety of equipment available for use in the fitness classroom including dumbbells, resistance bands, exercise balls, medicine balls and jump ropes. It is a great place to utilize for a total body workout.

- **Gymnasium**

The large gym allows members to participate in various recreational activities including basketball, volleyball, dodge ball and more. Gym space can be reserved or utilized during open gym times.

- **Racquetball Court**

One regulation racquetball court is available for use to members. Racquetballs and rackets are provided by the center during staffed hours.

- **Locker Rooms**

Locker rooms with showers and lockers are available. Hand towels are also provided.

Fitness Classes

Our certified instructors teach effective and energetic fitness classes every day. Choose from a variety of formats to find one that fits your training program. We have classes for participants of all ages and fitness levels that are offered from early morning to late evening so you are sure to find one that works for your body and schedule.

Personal Training

Personal training offers a customized exercise program to individuals who want personal attention in obtaining their fitness goals. Trainers will design, implement and manage an individualized program based on health assessments, fitness testing and a face to face consultation. All trainers are certified and have extensive training to provide the support and boost you need!

Health and Wellness Programs

- Fitness challenges and incentives
- Educational seminars on various topics
- Weight, circumference and body fat testing
- Orientation to fitness equipment
- Complimentary personal training session

Recreation

The Williams Wellness Center offers recreational programs for community members of all ages throughout the year. Additional information and registrations for these programs can be found in the lobby of the wellness center. Rec programs are a great way to keep yourself and your family moving and active!

Scholarships, Silver Sneakers, Silver & Fit

Scholarships are available for reduced membership prices. The Williams Wellness Center is a participating location with Silver Sneakers and Silver & Fit. Check with your insurance company to see if they will cover part or all of your membership.

Hours of Operation

September – April

Monday–Thursday..... 5:30 a.m. to 8:30 p.m.
 Friday 5:30 a.m. to 6:00 p.m.
 Saturday 7:00 a.m. to 4:00 p.m.
 Sunday..... 11:00 a.m. to 7:00 p.m.

May – August


Monday–Thursday..... 5:30 a.m. to 8:30 p.m.
 Friday 5:30 a.m. to 6:00 p.m.
 Saturday 7:00 a.m. to 12:00 p.m.
 Sunday..... 2:00 p.m. to 7:00 p.m.

24-Hour Access

24 hour access keys are available upon request. There is an additional charge of \$5 per month for this feature. With a 24/7 membership you will have access to the wellness center 24 hours a day, 7 days a week, 365 days a year. This includes holidays, weekends and during inclement weather when the wellness center may not be staffed. It is an optional addition to a membership and the staffed hours will not change.

Learn More

If you are interested in learning more call us at 319.283.3212.

	12 Month Total	EFT Amount	6 Month Total	EFT Amount		
General Membership: Single	\$300.00	\$25.00/month	\$222.00	\$37.00/month		
General Membership: Married Couple	\$408.00	\$34.00/month	\$312.00	\$52.00/month		
General Membership: Family	\$516.00	\$43.00/month	\$390.00	\$65.00/month		
Senior Membership (55 & Up): Single	\$216.00	\$18.00/month	\$168.00	\$28.00/month		
Senior Membership (55 & Up): Married Couple	\$312.00	\$26.00/month	\$234.00	\$39.00/month		
Senior Snowbird Membership (8 Months): Single	\$200.00	\$25.00/month	<div style="text-align: center;"> <h3>Membership Price Sheet</h3>  <p>Williams Wellness Center 317 8th Avenue, SE Oelwein, IA 50662</p> </div>			
Senior Snowbird Membership (8 Months): Married Couple	\$280.00	\$35.00/month				
Student Membership: High School (9th-12th Grade)	\$216.00	\$18.00/month				
Student Membership: College 1 Month Winter Break	\$25.00	PIF				
Student Membership: College 3 Month Summer Break	\$75.00	PIF				
24 Hour Access	\$60.00	\$5.00/month				
	Single Day Pass	10-Day Punch Card				
Day Pass: Adult	\$5.00	\$50.00				
Day Pass: K-12	\$3.00	\$30.00				