

State Of the Art Fitness Center in Monroe WI.

The Behring Senior Center is a place where Senior Citizens are able to improve their health in a safe and positive environment. This non-intimidating facility offers top of the line equipment designed with Seniors in mind.

Hours of Operation

Monday thru Friday
7:00 a m —5:00 p m

Address

1113 10th Street
Monroe, WI. 53566

Phone

325- 8893

Participant Requirements

Age— 55 and older.

If one spouse is at least 55 then the couple may both join.

Health— Everyone must fill out a health form and some may be required to have a physicians approval before beginning an exercise program.

Shoes— Everyone is required to bring a different pair of shoes to workout in. This helps keep the equipment clean.

Weather Closings

The Senior Center and wellness Center will close when the Monroe Schools close due to bad winter weather.



Top quality equipment designed with older adults in mind

Wellness Center 2010 Fees

Single Monroe Resident	1 year \$112.00	6 month \$57.00	3 month \$38.00	Monthly \$13.00
Couple Monroe Resident	1 Year \$137..00	6 month \$69.00	3 month \$46.00	Monthly \$16.00
Single Non Resident	1 year \$162.00	6 month \$82.00	3 month \$55.00	Monthly \$19.00
Couple Non Resident	1 year \$187.00	6 month \$94.00	3 month \$63.00	Monthly \$22.00

The Wellness Center

Wellness Specialist

The Center's Wellness Specialist, Bridget McGinty, helps assist members in their fitness goals.

Orientation

All participants will go through an orientation with the specialist. The orientation is an overview of everything that the center has to offer. This appointment shows the individual how to properly use each piece of equipment and answer all of their questions.

Contacts

Phone-(608) 325-8891

Fax- (608) 328-1390

Email: bmcginty@cityofmonroe.org



PUMP IT UP!!!

Equipment

Cardiovascular

4 Precor Treadmills
2 Precor Recumbent Bikes
3 Nusteps
2 Precor Elliptical
2 SciFit Recumbent Bikes with arm ergometry
1 Rex Recumbent Elliptical Cross trainer

Strength

Seated Row
Rotary Chest Press
Bicep Curl
Triceps Extension
Abdominal
Back Extension
Leg Curl
Leg Extension

The Wellness Center

Extras

The Wellness Center also offers:

Resistance Bands

Exercise Balls

Foam Balls

Stretching Mats

Free Weights that range from 3 to 35 pounds.

Continued Extras

All adjustable weight machines have 10 lb plates with a 3.3 and 6.6 add on option.

In addition to our Center, we offer many other group exercise classes that are subject to change for a small extra fee.



LET IT SNOW, LET IT SNOW, LET IT SNOW

Winter Weather Closings and Delays

The Senior Center will close if the Monroe Schools close due to bad weather. If Schools are delayed then the Senior Center will close until School resumes. Keep in mind School begins at 8 am so two-hour delay means we open at 10 am.

Wellness Center Policies

Pricing Policy: The Senior Center Board has the right to adjust fees for programs as needed. Participants who are not a resident of the City of Monroe are subject to higher rates. A resident is determined to be someone who lives in the city limits.

Refund Policy: Memberships are not transferable and refunds will only be given with a medical excuse from a Physician.

No refunds or credits will be given for bad weather or holidays.

Payment Guidelines:

The Behring Senior Center accepts cash or checks. Credit card payments can be made at the City Treasurer office located in City Hall. All Credit card transactions are subject to an additional 3% charge. Visa and MasterCard accepted.

Personal Training and Physical Therapy:

The Behring Senior Center does not provide physical therapy or personal

training sessions. Individuals that are in need of a physical therapy program must complete their rehab program before joining the Wellness Center. Individuals who need assistance are requested to bring along a friend or family member.

For all the Policies please visit us at the Wellness Center located inside The Behring Senior Center at 1113 10th Street Monroe.

Wellness Center Information

Policies Continued...

New Member Orientation: Each wellness center participant must schedule an orientation appointment before using the equipment.

Change in Health Status: If the participants physical condition changes during the duration of their membership we do require a new physicians clearance form to be signed.

The Right to Refuse Service: The Behring Senior Center reserves the right to refuse service to anyone who poses a health or safety threat to themselves or to others.



The Wellness Center will be closed on these following Holidays

Memorial Day

July 4th

Labor Day

Thanksgiving Day

The Day After Thanksgiving

Christmas Eve at noon

Christmas Day

New Years Eve at noon

New Years Day

Classes and Programs

Fitness First

This is the longest running exercise class offered at the Senior Center. The class runs in 8 week sessions all year long with a one week break in between sessions. Class is held on Monday, Wednesday and Friday mornings 8:15-9:15. This class combines a variety of different exercises that change on a regular basis. Contact Bridget at 325-8891

Other Exercise Programs

The Senior Center schedule changes in order for us to offer new and different programs. This year we have offered;

Fit Ball

Shimmy into shape

Balanced Yoga

Yes you can dance

PACE Program

Stretch & a Salad

Exercise classes are offered at a low cost or are sometimes offered free of charge thru grant funding. The Senior Budget is always our top priority. You do need to be 55 years of age or over to participate in our programs. If your spouse is 55 than you would also qualify.

If you are not sure what class or program maybe suitable for you contact us and we would be happy to help you.

Questions

Do I have to be a member of the Senior Center to Participate? The Senior Center does not charge a membership fee. Membership fees apply to the wellness center only.

How do I learn about up coming programs ? The Senior Center publishes a monthly newsletter called "The White Cap " this is mailed out for free by request, donations are always appreciated

to help cover the cost of printing.

Why do I have to go thru Orientation in the Fitness Center? This is required for all fitness center participants. We have your safety in mind and we want to make sure that you get the full benefit of the equipment once you have paid for your membership.

Is the facility open on weekends ? No we are open Monday –Friday only since we are a department of the City of Monroe it is very important to keep our costs at a minimum and make rates affordable to seniors in our community.

I live in another town can I come to the Senior Center? Yes we would love to have you come. We do charge a non resident fee for the wellness center since it is funded by The City of Monroe.