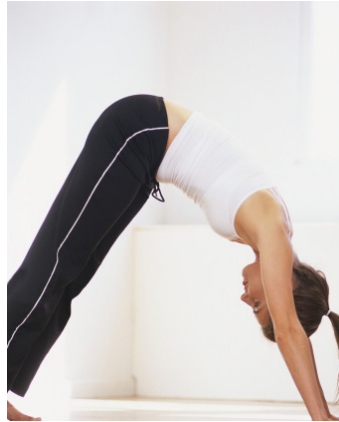


Membership Rules & Regulations

- ▶ Appropriate exercise attire - not OR scrubs - must be worn at all times.
- ▶ Shirts and INDOOR shoes must be worn in the fitness centre.
- ▶ Please don't wear OUTDOOR footwear, especially through the studio.
- ▶ Water bottles only (no food) in the fitness centre.
- ▶ Clothing, gym bags, etc. should be stored in the gym closet at your own risk or safely locked in the lockers provided in the change rooms.
- ▶ Members must provide their own lock for their lockers. Please do not leave locks on the lockers permanently.
- ▶ Membership access cards must be with you at all times for access to each area of the fitness centre and for ID purposes.
- ▶ Membership access cards are not transferrable. Fitness members violating this condition may be subject to termination of membership.
- ▶ Some equipment may have limited access during peak times. Please limit yourself to 30 minutes per cardio equipment if others are waiting.
- ▶ Be courteous and wipe down equipment with disinfectant after EACH use. This includes mats, yoga balls, etc.
- ▶ Please keep our fitness centre clean and return equipment to its rightful place after use.
- ▶ Temperature is controlled remotely by Plant Services. DO NOT open any windows. Please call ext. 8211 with concerns.
- ▶ No children or unauthorized visitors allowed in the fitness centre. The fitness centre is for MEMBERS ONLY.
- ▶ Please do not "borrow" videos, small weights, books, etc. Thank-you!



MizFits Staff Fitness Centre
6th Floor, 691 Wolseley Ave
Winnipeg, MB
R3G 1C3

MHC(B) - 2

Staff Fitness Centre



Membership
Information





Miz Fits

Equipment

- ▶ Treadmills
- ▶ Stationary Bike
- ▶ Spin Bike
- ▶ Elliptical Machines
- ▶ Rowing Machine
- ▶ Multi-weight Station
- ▶ Free Weights
- ▶ Yoga Balls and Mats
- ▶ TV and DVD Player
- ▶ Fitness Videos
- ▶ and more

Hours of Operation

Members have access to the Fitness Centre 24-7

Membership Rates

- Full and part-time staff
\$17 per month
- Casual staff, retirees, volunteers & tenants
6-month membership (lump sum)
\$102 + \$10 refundable deposit
- Friend & Family Membership
means you can have additional memberships
at the same rate that you pay for yourself.

Trial Pass

Not sure if the gym is for you? Try it once - for free!

Membership Includes

- Use of equipment
- Secure workout rooms
- Lockers
- Showers
- Free one-hour personal training session
- Fitness material reference (books, magazines)

LOCATION

Misericordia Fitness Centre is located on the 6th floor of the MERC Building (Misericordia Education and Resource Centre), 691 Wolseley Avenue.

Access to the MERC Building is available through the front door at ground level and through the tunnel in the basement.

What else can you do to support your Fitness Centre?

- Join the volunteer Fitness Committee
- Identify future equipment purchases

All suggestions are welcome

Questions, please contact:

- Corporate Office at 204.788.8362
Email: info@misericordia.mb.ca
- APPLICATIONS AND ACCESS CARDS:
Security at 204.788.8301
- PERSONAL TRAINING:
Laura McArthur
Email: latm@me.com

Applications and Trial pass available in the Security Office, Room 148, Main Floor