

Membership Rules & Regulations

- Appropriate exercise attire must be worn at all times.
- Shirts and INDOOR shoes must be worn in the fitness centre (outside shoes are prohibited).
- No food or drinks allowed in Fitness Centre (water bottles only).
- Clothing, gym bags, etc must be stored in lockers provided while in the Fitness Centre Gym. Members must provide own locks for lockers. **LOCKS ARE NOT TO BE LEFT ON THE LOCKER PERMANENTLY.**
- Membership access cards must be on your person at all times for access to each area of the Fitness Centre and for ID purposes.
- Membership access cards are not transferable to other staff members or family members. Fitness members violating this condition may be subject to termination of membership.
- Some equipment may have limited

access during peak hours; sign up sheets will be maintained for that equipment.

- Be courteous and **WIPE DOWN EQUIPMENT** with **DISINFECTANT** provided after each use. This includes mats, yoga ball, etc. Please keep our Fitness Centre Clean.
- No Children or Unauthorized Visitors allowed in the Fitness Centre. The Fitness Centre is for **MEMBERS ONLY**.



Misericordia Health Centre
99 Cornish Avenue
Winnipeg, MB R2C 1A2
Phone: 204-788-8301
Fax: 204-789-9891

Staff Fitness Centre Membership Information



Caring • Respect • Trust

Equipment Includes

C530r



Recumbent Bike

6300



Treadmills



Stationary Bike

E820



Elliptical Trainer



Yoga Ball & Mats



Multi weight station



Free Weights

Membership Information

Hours of Operation

Members have access to the Fitness Centre:

24 hours/day

7 days/week

Membership Rates

Membership rates for full-time and part-time staff:

Employee \$7.00 per pay
Employee & Spouse \$14.00 per pay

- MHC Casual / Retirees ONLY
6 month membership (Lump sum)
\$90.00 + \$10.00 refundable deposit

Membership Includes

- Use of equipment at any time
- Secure workout room
- Lockers
- Shower
- Member Lounge

Location

Misericordia Fitness Centre is located on the 6th floor of the MERC Building (Misericordia Education & Resource Centre) on 691 Walseley Avenue

Access to the MERC building is available through the front door 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:

Human Resources 8154
Security 8301

*Applications & Visitor pass available in the Security Office Room 148 Main Floor



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