

## 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

- Three Treadmills
- Stationary Bike
- Recumbent Bike
- Two Elliptical Machines
- A Rowing Machine
- Multi-weight station
- Free weights
- Yoga Ball and mats
- TV and DVD player for fitness videos

## 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 per pay  
Employee & Spouse   \$14 per pay

- MHC Casual / Retirees ONLY  
6 month membership (Lump sum)  
\$90 + \$10 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), **691 Wolseley 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:

Public Relations                   8362 OR  
  email: [info@misericordia.mb.ca](mailto:info@misericordia.mb.ca)  
Security                               8301

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



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