



HEALTH & WELLNESS WELLNESS CENTER SERVICES

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STAFF CONTACT

Shayna Cisewski, Health & Wellness Coordinator, P 715.952.9301 E scisewski@spymca.org
Amy Fox, Health & Wellness Director, P 715.952.9303 E afox@spymca.org

WELLNESS CENTER ORIENTATION (Y MEMBERS AGES 16 YEARS & UP)

Are you new to our facility or simply want to learn more? This one-hour appointment with wellness staff will introduce you to our cardiovascular machines and strength training circuit. We will cover how to set up and adjust equipment, and cover any questions you may have.

Location: Wellness Center

By appointment only, call or stop in to register at Wellness Center Desk.

Y Members: Free

YOUTH WELLNESS CENTER ORIENTATION (Y MEMBERS AGES 8-15 YEARS)

Required for youth ages 8-14 years before using the Wellness Center. This 30-60minute appointment will introduce you to our cardiovascular machines and Youth strength training circuit. We will cover how to set up and adjust equipment and which equipment is allowed for age groups.

Location: Wellness Center

By appointment only, call or stop in to register at Wellness Center Desk

Y Members: Free

PLEASE NOTE: Youth ages 12 years & under are not allowed to use free weights and limited to the youth circuit only. Must always be accompanied by a parent or guardian while in the Wellness Center.