

## **Wellness Center**

**When is the Wellness Center available?** The Wellness Center is open from 6:00 a.m. until 8:00 p.m. Monday through Friday and 8:00 a.m. – 12:00 p.m. on Saturday.

**How old do you have to be to use the Wellness Center?** The Wellness Center is open to all eligible members aged 18 years and older. Minors are also welcome but must be accompanied and properly supervised by an adult when using the Facilities, except when participating in a class or program. Minors must be at least twelve (12) years of age and have completed the “Courage to Care” program to use cardiovascular and weight equipment and must be at least sixteen (16) years of age to use free weights. Minors are not permitted to use the fitness pool.

**What can my children do while I’m exercising?** The Wellness Center has a variety of options available for children. We offer childcare on Mondays and Wednesdays from 5:00 p.m. – 7:00 p.m. for children between 0 – 12 years of age; the Wellness Center also has a highly visible waiting area featuring an Xbox and interactive, movement games; and we are next to a large, well-maintained yard with outdoor toys available.

**How much does it cost to use the Wellness Center?** The Wellness Center is provided free of charge to the following three groups: All tribal citizens, spouses, and immediate family members; employees of the Pokagon Band; and any individual registered with Pokagon Health Services.

**Does the Wellness Center have any Personal Training available?** The Wellness Center currently has a full-time personal trainer on staff and will soon have two additional part-time personal trainers available at no cost to eligible members. Personal Training requires an initial appointment to assess your needs and training goals.

**Does the Wellness Center have a pool?** Yes! The Wellness Center features a top-of-the-line therapy and exercise pool. The pool is ADA compliant and offers a variety of exercise options. The Wellness Center staff will fully orient you on the pool features and usage. We also provide clean towels, locker rooms, and shower facilities.

**Does the Wellness Center offer any fitness classes?** Yes. We offer a variety of weekly classes to accommodate every age and ability level. Classes are typically held in the Multi-Purpose room and are open to all ages. Please contact the Wellness Center for a listing of our class schedule and descriptions.

**What can I do to lose my belly fat?** The Wellness Center can help you develop a personalized fitness plan that fits your lifestyle. The staff also works closely with our registered dietician to incorporate a healthy eating plan into your wellness regime.

**Do I need an appointment for the pool?** It is highly recommended that you make an appointment to use the pool. This allows us to ensure it is properly prepared for your visit.

**Who is allowed to use the Wellness Center?** The Wellness Center is available to the following three groups: All tribal citizens, spouses, and immediate family members; employees of the Pokagon Band; and any individual registered with Pokagon Health Services.

**What is the 'Member of the Month'?** The Member of the Month is a Wellness Center member who has portrayed an outstanding effort to making a healthy lifestyle change. These individuals receive distinct recognition in the Tribal newsletter and are awarded a special gift for their commitment to excellence.

**Do you offer any incentives for using the Wellness Center?** Yes, we offer improved health and a better quality of life in all aspects of wellbeing. In addition to these benefits we often have promotions, contests, and challenges, which offer a variety of incentives. Some of our members have received free merchandise, major league getaways, and cash prizes.