

DAHLC Map

Track Level:

- 10 laps around track=1 mile
- Note track direction, changes daily.
- Two training zone areas available for your use (unless closed for group trainings).
- All equipment shown on this floor is also on Fitness Floor.

Fitness Floor:

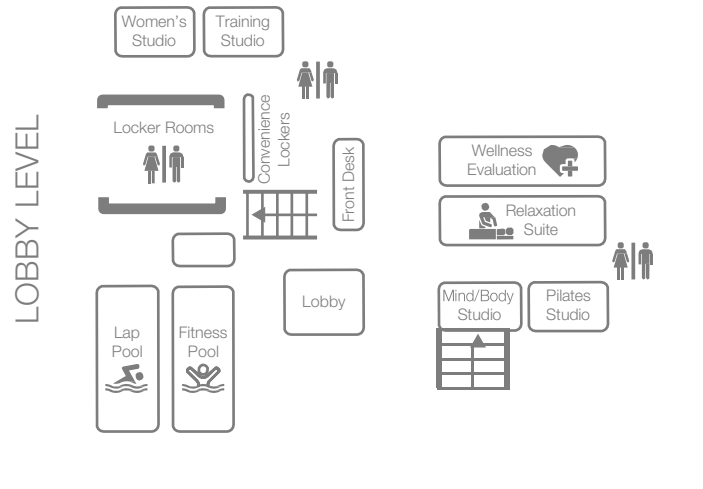
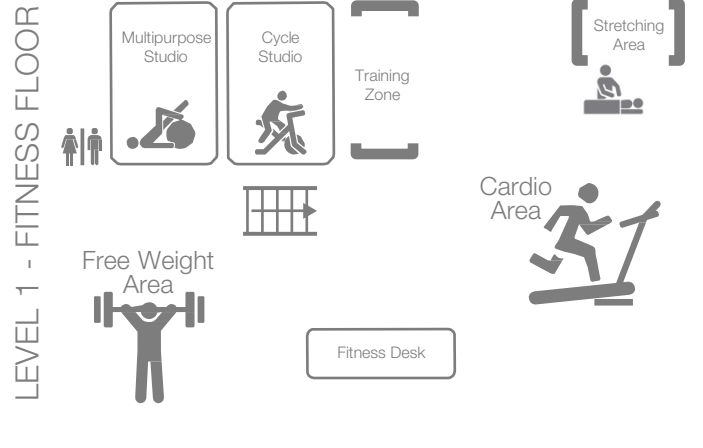
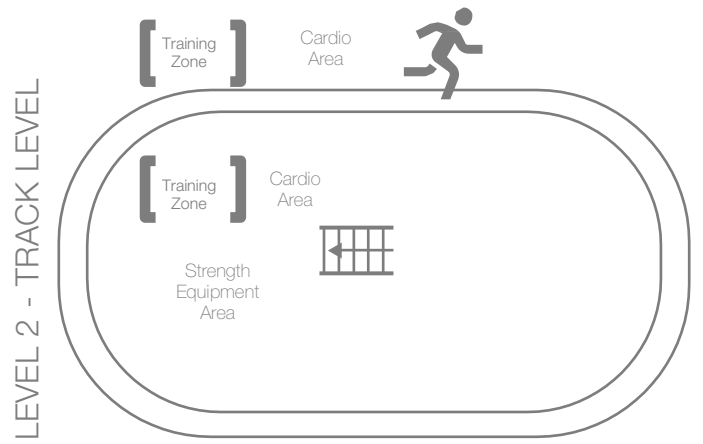
- Multipurpose Studio holds cardio & strength drop-in classes.
- Free Weight Area is available for your use.
- Cardio Area has two rows of cardio equipment lining the front, linear weights & cable weights, then cardio equipment fills the rest of the area
- Cycle Studio holds cycling drop-in classes. We have both live and virtual classes available.
- Training Zone is available for your use when group trainings are not being held. Schedule is posted by the entrance of training zone.
- Stretching Area is available for your use.

Lobby Level:

- Locker Rooms available for your use. Whirlpool and Steam Room are located in both locker rooms.
- Pools are accessed through the locker rooms. We have a lap swim pool & fitness pool. Lap swim is for lap swimming only and fitness pool holds our drop-in pool classes.
- Women's Studio is on the right as you approach the women's locker room. This area is available to women only.
- Training Studio focuses on total body strength training.
- Convenience Lockers are available if locker room isn't needed.
- Wellness Evaluation holds clinical offerings that allow you to learn more about your body and set goals. Fees apply.
- Relaxation Suite has massage therapy and hydromassage beds available for your use. Sign up required.
- Front Desk is where you will scan in each time you visit.
- Mind/Body Studio focuses on yoga, Pilates and Alexander Technique drop-in classes.
- Pilates Studio is our program-based studio. Sign-up required to access.

Subway Level:

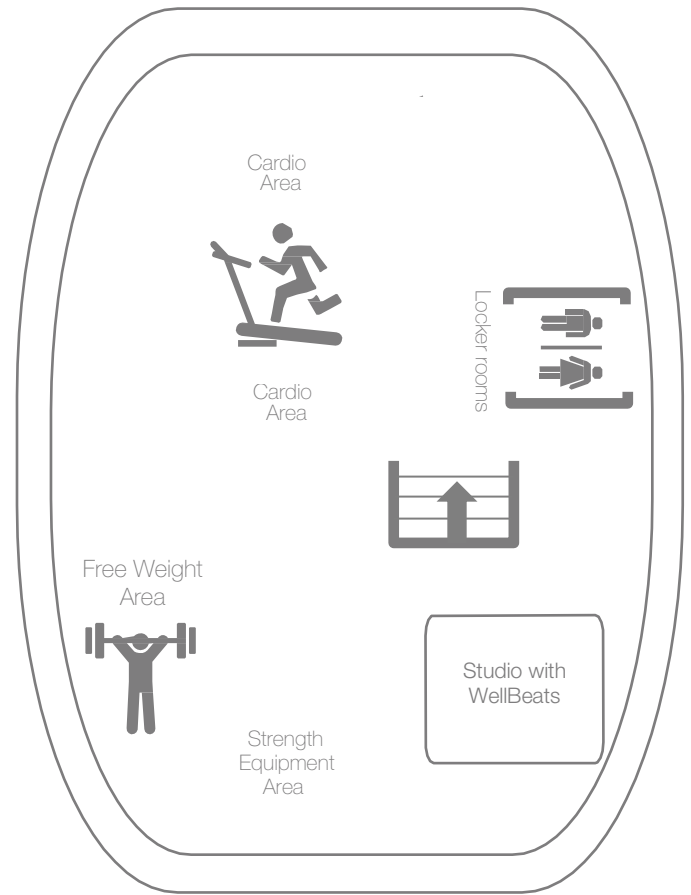
- Center Café is open to the public and a 'healthy-only' café. We encourage you to eat here and swipe in to get your incentive credits.
- Club Kids is available up to 2 hours. \$5/child, hours limited.
- Wellness Coaching Suite is a sign-up based offering focused on getting you started and setting goals!
- Demonstration Kitchen is where our culinary classes are held. A chef & dietitian will lead the classes. Sign up required, \$4 to attend plus you get to eat the food they create!



St. Marys Hospital DAHLC:

- 24/7 self-service facility in Generose building
- Hydromassage bed is self-service
- Fully equipped locker rooms (please bring your own lock)
- Studio available for your use to stretch, workout or use WellBeats, which is an on-demand group fitness kiosk. You select the class you would like to do and in the studio a screen will drop down for you to perform the video.

SMH DAHLC



Communication from the DAHLC:

- Offerings sheet:** Everything you have access to with a membership. It's separated out by common goals (get fit, eat well, lose weight, etc.) and matches our website. Updated quarterly.
- Group Fitness class schedule:** Drop-in classes included with your membership. Updated each trimester.
- Monthly newsletter:** Tips & ideas to support you on your wellness journey. Each month we will feature an article around health & wellness, a workout, a recipe and an inspirational member story.
- Email:** sent to you on a monthly basis with content ideas + monthly happenings that you may want to get involved with.
- External website:** you can access at home, dahlc.mayoclinic.org
- Social media:** latest tips, ideas & inspiration to keep you coming back :)

Recommendations to get started with your membership:

- Day 1: sign up for a free wellness consultation to talk about your current lifestyle habits and behaviors. The Health & Wellness Coach will help create short-term and long-term goals, recommend programs we have to offer and motivate you. A great foundation to starting your membership!
- Day 2: try a drop-in group fitness class. We have lots to choose from! If you want more information on group fitness classes, sign up for the "Getting Started with Group Fitness Appointment". It's free!
- Day 3: try out our cardio equipment. We have bikes that take you on different virtual rides, a Woodway Curve that is powered by you, ellipticals and much, much more! Sign up for our free cardio basics to learn more.
- Day 4: sign up for a free hydro massage & enjoy the relaxation!
- Day 5: swim in our pool! If you're not comfortable in water, sign up for our free swim lessons.
- Day 6: sign up for one of our culinary classes and enjoy learning new tips to help you in the kitchen, plus, sample the food they made! Only \$4.
- Day 7: sign up for our most popular offering, a group training. It is a great way to help you towards your fitness goals.