Dan Abraham
Healthy Living Center
HANDBOOK
Welcome!

We are so glad you have joined us and are experiencing the wonderful facility and resources that have been gifted to us as Mayo Clinic employees, retirees, students, volunteers and adult dependents. We are grateful to Mr. Dan Abraham for providing us with the funding for the construction of this beautiful facility and hope you will use the many resources available to you.

As you continue on your path of wellness, know that we are here to help you on your journey. Our professional staff is here to help with all aspects of wellness – nutrition, fitness, spiritual, worksite, etc. Seeking out our many resources is as easy as reviewing this handbook, visiting our website, social media apps, or asking a staff member.

In health,

Beth Riley, Director
Paul Limburg, MD, MPH, Medical Director

Thank you for choosing the Dan Abraham Healthy Living Center as a resource to help you reach your wellness goals. We feel privileged to walk this wellness journey with you.
Our Principles
Compassion | Respect | Safety | Privacy

Mayo Clinic has a long standing tradition of upholding the vision of its founders through a defined set of values that guide operations and support its primary value: the needs of the patient come first. The Dan Abraham Healthy Living Center is aligned with this vision and believes that in caring for ourselves and each other, we are helping Mayo Clinic achieve better patient outcomes.

As members of the Dan Abraham Healthy Living Center, we adhere to four main principles within our wellness center. We ask our members, staff and guests to consider these principles while using the facility.

I use COMPASSION and am courteous by considering the needs of others before my own

I RESPECT this facility by taking pride in, and caring for, the provided amenities

I consider SAFETY at all times and avoid unsafe or unhygienic practices

I honor PRIVACY and confidentiality through mindful use of technology

The Dan Abraham Healthy Living Center adheres to Mayo Clinic’s values and policies in addition to the guidelines within this handbook. Management reserves the right to change these guidelines at any time to best meet the needs of those we serve.

Getting to Know the Healthy Living Center

Welcome and thank you for choosing to be a member of our wellness community. We are excited to share the many affordable, accessible and expert-driven resources with you. Come in and explore!

Contact Us
507-266-4688 | dahlc@mayo.edu | dahlc.mayoclinic.org

Facility Information
Downtown Location
Open: 7 days per week
Monday – Friday: 4:30am – 11:00pm
Saturday – Sunday: 5:00am – 9:00pm
565 1st Street SW Rochester, MN 55905

Saint Marys Campus Location
Open: 24 hours a day, 7 days a week (self-service)
Mayo Clinic Hospital
Generose Building M-100 Rochester, MN 55905

Parking
A parking tag will be issued upon joining. Use this parking tag to park in designated lots. Due to space limitations, parking is limited to a two hour limit per day (see three-hour parking option below). Tag must be visible to parking attendant. Parking violations result in vehicle immobilization at owner’s expense.

Downtown Location
Park in designated spaces in Mayo Clinic Lot 26, Lot 30 and West Employee Ramp 9.
- **Covered Parking** is available in the West Employee Ramp 9.
- **Handicap Parking** is available in the West Employee Ramp 9.
- **Three-Hour Parking** is available in Lot 30.
- **Bicycle Parking** is available on 1st Street SW and Lot 26. Parking tag not required. All day bicycle parking is available in the Ozmun East Ramp and West Employee Ramp 9.
Saint Marys Campus Location
Members can park in Ramp 34 from 3:30pm through 4:30am Monday – Friday and all day Saturday, Sunday or Holidays. Bike racks are available in the Generose Ramp.

Earning Incentive Credits – Swipe to Save!
In addition to subsidized membership rates, you can save on future membership dues by visiting the Healthy Living Center and swiping your access badge as you enter. Earn up to one incentive credit per day during your 90-day incentive period. Visit 30 or more times to earn the maximum discount of $10 per month. Visit 15-29 times and you still earn a discount of $5 per month! Your unique incentive period and counts are displayed at the check-in kiosks at both locations.

Locker Room Amenities
Locker rooms are available for your use at both locations. Lockers, towels, lotions, soaps and hair dryers are available for your use during your visit.
- Whirlpool and Steam room options are available within the locker rooms for your use (downtown location only). Swimwear and pre-shower required.
- Women’s Only Workout Area is a smaller workout area dedicated to our female members and features a variety of strength and cardio equipment.

Fitness Areas
The facility features over 60,000 square feet of space dedicated to helping you achieve your goals. Contact the front desk or visit our website to learn more about the many amenities available to you:
- Cardio & Strength equipment can be found throughout the facility. We ask that you limit your use to 30 minutes on the cardio equipment and allow others to work in when utilizing the strength equipment. Getting started? Consider signing up for an Equipment Basics class.
- Free Weights are available for your use. Getting started? Consider signing up for a Free Weight Basics class.
- Indoor Track is .1 mile per lap (downtown). A walking track is available at the Saint Marys location. Direction is changed daily.
- Lap & Fitness Pools are available at the downtown location.
  Pool water is designed to be gentler on the skin and your swimwear by using a combination of salt water and chlorine. Full-body soap and shower required to use aquatic areas. Getting started? Consider registering for our monthly swim lesson offerings or dropping into a group fitness class.
- Member Rig area is dedicated to member use and allows you to incorporate functional movements into your workout routine. Getting started? Visit with a coach on the fitness floor to learn more. (Downtown location)
- Training Zones are where you have the opportunity to work with one of our trainers in a small group format. Getting started? Contact the front desk to schedule a Group Training consultation. (Downtown location)

Drop-In Group Fitness Training
Over 100 FREE drop-in group fitness classes are offered weekly with your membership! Schedules and class descriptions available in the kiosks or online. Classes are held in one of our downtown studios.
- Cycle Studio is on the first floor and features adjustable stationary bicycles with dual-sided pedals to accommodate cycling or traditional shoes. Classes taught either by instructor or through virtual ride technology.
- Fitness Pool is on the lobby level and can be accessed through the locker rooms. A variety of class options in this joint-friendly environment are available to you.
- Mind/Body Studio is on the lobby level. Connect your mind, body and spirit in one of our yoga, Pilates, Alexander Technique or meditation offerings.
- Multipurpose Studio is on the first floor. A variety of class options are available in this large studio space.
- Pilates Reformer Studio is on the lobby level. Training provided on specialized Pilates Reformer equipment. Getting Started? Contact the front desk or visit our website to learn about Pilates offerings.
- Studio at Saint Marys Campus is equipped with exercise equipment for your use or pick a virtual class to participate in at our kiosk. Various class lengths and formats available to choose from on a first-come, first-serve basis.
- Training Studio is on the lobby level across from the men’s locker room entrance and features cable columns, suspension trainers and kettlebells.
Well-being Offerings and Services

Our diverse wellness programming and services will help you achieve your wellness goals. Check our website for current offerings. Fees may apply. Call or stop by the front desk to reserve your spot.

- **Alexander Technique** is a safe and effective method for improving posture, reducing stress and supporting optimal health. Options include drop-in classes, book clubs, programs and private instruction.

- **Culinary Classes** are taught in our demonstration kitchen (subway level). Our dietitians and chef work hard to provide you with culinary classes to educate you on how to reap the benefits of eating well.

- **Evaluation Services** help you learn about your overall fitness. Our experts will do assessments utilizing specialized equipment and offer recommendations to meet your fitness goals.

- **Group Training** is a free, 6-week service that provides the opportunity to work with a health & wellness coach in a small group setting (4-6 members) which provides support, motivation and accountability.

- **Nutrition Consultations** are designed to help you identify and make positive changes in what you eat. Meet 1:1 with our expert dietitians to discuss sports nutrition, weight management or nutrition for wellness.

- **Private Offerings** provide 1:1 instruction to help you better your skills in Pilates, yoga, swimming or the Alexander Technique.

- **Relaxation Offerings** are available to help you achieve optimal wellness. Choose from our free 15-minute HydroMassages (both locations) or schedule an appointment with a massage, Reiki or acupressure therapist.

- **Wellness Coaching** is a process of collaborative thinking, drawing on past experience and defining future goals. Your personal coach will help you reach optimal wellness and the best version of you.

- **Wellness Programs** provide opportunities to learn about many aspects of well-being. Our certified professionals have designed programs to achieve desired outcomes. Check website for current offerings.

- **Worksite Presentations** are available on the Rochester campus. Wellness content is delivered to your work unit by one of our experts.

Also available at our downtown location is the Center Café, Club Kids Childcare, and more.

Visit [dahlc.mayoclinic.org](http://dahlc.mayoclinic.org) to learn more.
Clothing Requirements
We aim to provide a safe, welcoming, and inclusive environment where everyone can be successful regardless of body shape or size.

Compassion | Respect | Safety | Privacy
Clothing should be appropriate for physical activity and provide substantial coverage of the torso.

FAQs
What are membership costs? We encourage you to visit us often and provide membership discounts for frequent use. You may earn one incentive visit per day to earn future dues discounts. Incentive visits are assessed every three months and discounts are applied to the subsequent three-month period. The more you visit, the less you pay the next period. Choose from prepaid three-month or ongoing membership via payroll deduction.

- 0-14 visits in 3 months = $93 ($14.31/paycheck)
- 15-29 visits in 3 months = $78 ($12/paycheck)
- 30+ visits in 3 months = $63 ($9.69/paycheck)

How do I become a member? There are just four simple steps to begin your membership. Visit our website for eligibility criteria and how to join.

Can I bring a guest with me? Yes. Guests age 16 or older are welcome at our downtown facility. Guests must accompany a member and sign a liability waiver upon entry. Fee applies; packages available at reduced rate.

I see you encourage conservative attire. Can I wear a tank top? Yes. Athletic tank tops that provide substantial coverage of the torso are permitted.

I’m retiring from Mayo. Can I keep my membership? Yes! We encourage you to continue membership through the prepaid membership option.

Can I freeze my membership? Yes! Memberships may be frozen once per calendar year for a period of 15-90 days. Inquire at the front desk.

How do I cancel my membership? We will miss you! Simply stop by the front desk to return any membership items (parking permit, non-employee access badge) and sign a form to authorize the change.

I lost my access badge. What should I do? Until your badge is found or replaced, staff will issue your daily incentive visit. One free replacement badge will be provided. A second lost badge is $25 to replace.

Can I share my access badge? No. An access/employee badge is for your use only. Fraudulent use will result in confiscation of card and security notified.

What are the peak times? Our downtown facility is busiest weekdays 5:00am-7:30am, 11:00am-1:00pm, and 4:00pm-7:00pm.

Do you have lockers? Yes. Lockers are available at both locations for use during your workout. See staff for instructions on how to use lockers.

Do you allow caregiver access? Yes. Those providing care and assistance to a member should sign a Release of Liability form upon first visit.

Can members of my family join? Yes. Membership extends to your spouse and your adult children that meet IRS tax dependency criteria. As an adult-only facility, children under 18 are not eligible for membership.

Visit dahlc.mayoclinic.org to learn more.
Visiting the Dan Abraham Healthy Living Center

Downtown Location

For more information about parking, please see pages 3-4.

Saint Marys Campus Location

For more information about parking, please see pages 3-4.