Table of Contents

<table>
<thead>
<tr>
<th>Page</th>
<th>Section</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Welcome Message</td>
</tr>
<tr>
<td>2</td>
<td>Our Principles</td>
</tr>
<tr>
<td>3</td>
<td>Getting to Know the Center</td>
</tr>
<tr>
<td>7</td>
<td>Facility Considerations</td>
</tr>
<tr>
<td>8</td>
<td>Clothing Requirements</td>
</tr>
<tr>
<td>9</td>
<td>FAQs</td>
</tr>
<tr>
<td>Back</td>
<td>Locations &amp; Parking</td>
</tr>
</tbody>
</table>

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.
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,

Jen Zundel, Assistant Director of Employee Well-Being
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 well-being 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
Due to space limitations, parking is limited to a two-hour limit per day (see three-hour parking option below). Employees must register their vehicle by visiting the following website http://javaprod.mayo.edu/UntaggedVehicle/registerVehicle.htm. Non-employee members will need to inquire at the front desk. Parking violations will 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 (enter on 5th Avenue NW; east entrance).
- **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 during your visit.

- **Whirlpool and Steam room** options are available within the locker rooms 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 specialist 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 placement consultation. (Downtown location)

**Drop-In Group Fitness**

Over 100 FREE drop-in group fitness classes are offered weekly with your membership! Schedules and class descriptions available in the kiosks or online.

- **Fitness Pool** is on the lobby level and can be accessed through the locker rooms. A variety of instructor-led class options and swim lessons are available.

- **Mind/Body Studio** is on the lobby level. Connect your mind, body and spirit in one of our yoga, Pilates or Alexander Technique classes.

- **Pilates 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.

- **Training Studio** is on the lobby level across from the men’s locker room entrance and features cable columns, suspension trainers, and kettlebells.

- **Multipurpose Studio-A** is on the first floor. A variety of strength and cardio class options are available in this large studio space.

- **Multipurpose Studio-B** is on the first floor and features adjustable stationary bicycles with dual-sided pedals to accommodate cycling or traditional shoes. Try a cycle class or a high intensity class combining cycling and metabolic conditioning exercises.
Well-being Services

Our diverse wellness programming and services will help you achieve your goals. Check our website for current offerings. Fees may apply. Call, book online 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, specialty courses 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 6-week service that provides the opportunity to work with a trainer in a small group setting (4-6 members) which provides support, motivation and accountability.

- **EX4**, a flexible group training model that includes both metabolic and strength focused workouts and is available for those who may not be able to commit to the 6-week sessions.

- **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 increase your skills in Pilates, yoga, swimming or the Alexander Technique. We also provide 2:1 for Pilates and Yoga.

- **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 or Reiki 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.

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.
Facility Considerations

**COMPASSION** for each other. This facility is available for all Mayo Clinic employees, their spouses, adult dependents, and select eligible groups. Our mission is to provide a welcoming environment for all to achieve their wellness goals, no matter their current level of wellness. All members are asked to consider the unique needs of their fellow members and staff and be courteous at all times. Modest athletic attire is recommended to promote a welcoming environment for all. See clothing requirements for specific considerations.

**RESPECT** for our facility. The Healthy Living Center was a gift from a wonderful benefactor, Mr. Dan Abraham. Mayo Clinic takes great pride in, and has a comprehensive plan for, updating and maintaining its world-class facilities. We ask all members to take great care in how we treat the facilities and equipment including wiping down all equipment with provided wipes and returning equipment to its original location.

Your **SAFETY** is essential. If you witness any unsafe behavior or have been harmed, we ask that you report this to staff as soon as possible. Each situation will be reviewed to ensure the future safety of all members. For your safety - clean, dry shoes are required. Your access badge is for your use only and should not be used by anyone else.

Your **PRIVACY** is important. We will not provide details of your visit without your permission. We ask that use of mobile devices be limited to public areas. Please honor your fellow members’ privacy by not using these devices in locker rooms. Photography/videography not permitted without prior approval.

- Due to privacy, **phones and other mobile devices** are not permitted in the locker rooms
- Invite others to **work in** when doing multiple sets
- **Exit studio** after class to allow other members an opportunity to participate
- Avoid **reserving equipment** for another member
- Please **place used towels** in proper bins
- **Clean all equipment** after use with provided wipes
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.

*Swimwear* – Athletic swimsuits required in all aquatic areas.

*Footwear* – Clean, dry footwear required on fitness floors. Footwear required between locker rooms and studios.

*Scrubs* – Per institutional standards, scrubs are not permitted in fitness areas.
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.

- Incentive discounts: 15–29 visits is $5 discount/month and 30+ visits is $10 discount/month.

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! Please stop by the front desk to return any membership items (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 11:00am-1:30pm and 4:00pm-6:30pm.

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 18–24 year olds 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

Lot 30: 3-hr parking

Lot 26: 2-hr parking

West Employee Ramp 9 Enter on 5th Ave NW: 2-hr parking

Saint Marys Campus Location

Emergency Department

Mary Brigh

Generose - Dan Abraham Healthy Living Center located on Main Floor

Ramp 34: 2-hr parking during designated hours

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