

MEMBERS ON THE (BLOG)SPOT



MERCYONESM

PRODUCTS/SERVICES OFFERED

Community gym for ALL

CONTACT INFO

12349 University Avenue

Clive, IA 50325

515-226-9622

Emily Bialas, Center Director

inquiry@mercyhealthfitness.com

mercyhealthfitness.com



Members on the (Blog)Spot is a monthly feature of member businesses of the Clive Chamber of Commerce. If you are interested in having your business featured, contact kschmidt@clivechamber.org.

• MercyOne Health and Fitness prides themselves on creating a unique and customized fitness experience for each of their customers. At MercyOne Health and Fitness Center they make it a mission to focus on an individual's complete health and wellness and providing services that offers something for everyone. They serve all ages and fitness levels. "We are a community gym for ALL. Everyone will feel welcomed and comfortable" says Director Emily Bialas. When members join they have the opportunity to complete a fitness assessment to track their current fitness level and create a personalized fitness plan. Other services and amenities they provide, include; personal training and group exercise, aquatic programs, physical and aquatic therapy, massage therapy, nutritional counseling, and medical fitness programs. Their medical fitness program is for those who need extra assistance or have a medical condition. These programs are safe and effective plans that take place within an 8-week period that are overseen by Medical professionals through the Medical Fitness Association. You can also be sure that you are safe at MercyOne Health Fitness Center as they are following the Medical Fitness Associations safety and cleaning guidelines and protocols.

• The state of the art facility located in what used to be the YMCA Healthy Living Center turned to MercyOne Health and Fitness Center after they took over management in 2017; features a fitness floor with top-notch weight lifting and cardio equipment for individual use, a lap pool, warm water therapy pool, a childcare center, full service locker room and a group exercise studio.

• The MercyOne Health and Fitness center has been a member of the Clive Chamber for close to 4 years now. Emily Bialas shares "I have also been an ambassador for the Chamber and now sit on the Board. We love the Clive Chamber, it's a great way to network and learn more about what your community has to offer".

• If you're wanting to become a member they have multiple different member packages from a family pack to an individual senior pack that you can choose from to best fit your wants and needs. "We all have our own goals and motivations" says Emily "please come check us out if you have not been in our facility. I promise, it will not disappoint". You can locate them at 12349 University Avenue, Clive, IA 50235 or visit their website mercyhealthfitness.com for further information. You can contact them by phone at 515-226-9622 or by email at inquiry@mercyhealthfitness.com.