



Greetings Members,

I hope you are staying healthy and well.

As we move into cooler months and outdoor activities begin to decrease, I wanted to remind you of several offerings available to you as a member of the Nelson Wellness Center

**Pool Appointments**

You can schedule up to three appointments at a time for the warm water pool by calling (320) 759-4613.

**Cardio Strength Room**

The cardio strength room is open from 6:00 am-6:00 pm and does not require an appointment. When you come in to use this space, you'll just be required to do a screening.

**Personal Training**

Your favorite personal trainers are available during our modified business hours. We welcome you to schedule and appointment to see them at (320) 759-4613.

**Bistro**

The Bistro is open from 9:00 am-2:00 pm for grab and go purchases. Seating is not available but you can stop by to grab coffee, a smoothie, lunch or one of our tasty treats to take with you after your work out.

Thank you for choosing the Nelson Wellness Center for your fitness needs. We are honored to serve you!

Please contact me at (320) 759-4617 if you have any additional questions or fitness needs.

Make it a great day!

Alice