



CLASS SCHEDULE

MONDAYS

Circuit Blast.....11:30 AM - 12:00 PM

Bootcamp.....2:30 PM - 3:00 PM

TUESDAYS

Circuit Blast.....8:00 - 8:30 AM

Bootcamp.....12:30 PM - 1:00 PM

WEDNESDAYS

Circuit Blast.....11:30 AM - 12:00 PM

Yoga.....12:00 PM - 1:00 PM

Bootcamp.....3:00 PM - 3:30 PM

Circuit Blast.....4:30 PM - 5:00 PM

THURSDAYS

Circuit Blast.....8:00 AM - 8:30 AM

Bootcamp.....12:30 PM - 1:00 PM

FRIDAYS

Bootcamp.....12 PM - 12:30 PM

FACILITY HOURS

Monday – Friday
7 AM to 7 PM

STAFFED HOURS

Monday & Wednesday
10 AM to 6 PM

Tuesday, Thursday
& Friday
7 AM to 3 PM

WORKOUT DVDs

Can't make a class? Use the exercise room to complete DVD exercise programs at your own pace. Check out a few of our most popular, including Body Beast, Les Mills Body Pump, P90X Series: Kenpo Cardio, Upper Body Plus with Abs-Core Plus, Total Body Plus, Interval X Plus with Abs-Core Plus



BURN & EARN

Wellness has its rewards!

Work with the Employee Wellness Center Manager to develop goals. Every time you reach a wellness goal, you receive a token. Tokens will also be awarded for participation in other Workplace Wellness programs such as Fit Stop activities and Yoga.

GUIDELINES

- Tokens will be given to participants by the Employee Wellness Center staff as identified wellness goals are achieved.
- Tokens do not expire.
- Token totals validated and redeemed through HR.
- Mix and match your training and wellness tokens to achieve rewards faster!

For details on Workplace Wellness Programs, please visit www.wilmu.edu/humanresources, call 302-356-4696, or send an email to wellnesscenter@wilmu.edu.



WILMINGTON
UNIVERSITY

HUMAN RESOURCES DEPARTMENT

www.wilmu.edu/humanresources



WILMINGTON
UNIVERSITY
EMPLOYEE WELLNESS CENTER

PRATT BUILDING • NEW CASTLE CAMPUS



Welcome to the Employee Wellness Center.

Our 1,500 square foot facility is located in the Pratt Building on the New Castle campus and offers personalized fitness programs, assessments and top-of-the-line exercise equipment.

Full-time faculty, full-time staff and permanent part-time staff have access to treadmills, elliptical cross trainers, exercise bikes, free weights and multi-station exercise systems. While a separate, semi-private exercise room allows employees the opportunity to participate in DVD exercise programs at their own pace.

A partnership with CardioKinetics, Inc.

The University has partnered with CardioKinetics, Inc. to manage the Employee Wellness Center. CardioKinetics is a local preventative medicine company recognized both regionally and nationally for their services.



Pratt Building · New Castle Campus

BECOME A MEMBER

After completing a new member orientation, full-time faculty, full-time staff and permanent part-time staff have access to a variety of services. Each member will receive an individual fitness evaluation, which includes a personalized exercise prescription, ongoing wellness coaching and a health risk factor assessment.

Members also receive blood pressure measurements, exercise heart rates, body composition analysis, flexibility measurements and grip, upper body and abdominal strength tests. General health, fitness and nutritional consults are also available.

For more information, call 302-356-4696, email wellnesscenter@wilmu.edu or visit www.wilmu.edu/humanresources.

While membership to the Employee Wellness Center is free for full-time faculty, full-time staff and permanent part-time staff, we do recommend that employees make a minimum of a \$50 to \$100 annual contribution into a scholarship fund. Contribution forms are available at New Member Orientation.

Employees who wish to participate in the wellness program but can't get to the EWC, can contact Jennifer Workman for information on employee discounts at local gyms, Snap Fitness, FlexWorld Fitness and remote wellness coaching.

All employees have access to Fit Stops, on-site visits from the CardioKinetics exercise physiologist. However, EWC members will receive a Wellness token (see back panel) when they attend and participate in the Fit Stop activity.

Hours of Operation

Facility Hours:

Monday – Friday · 7 AM to 7 PM

Staffed Hours:

Mon, Weds · 10 AM to 6 PM

Tues, Thurs, Fri · 7 AM to 3 PM



Melissa Ferguson

Manager & Exercise Physiologist

302-356-4696

wellnesscenter@wilmu.edu

Melissa is the Employee Wellness Center Manager and Exercise Physiologist. She was the Internal Health & Wellness Director at Highmark Delaware and managed their Employee Wellness Center for more than 10 years. As a high school and college athlete, Melissa has always had a passion for wellness and helping others. Her experience has taught her that personalizing a program to fit each individual is the key to success. She works hard to make sure every program is customized to fit the employee's ability level, lifestyle, barriers, likes, personality and goals. Melissa's personal goal is to help as many people as she can, not only to better their health, but improve all dimensions of wellness that effect quality of life. Be sure to swing by her office to say hello!

