Human Resources Mission Statement

The Wilmington University Human Resources Department is committed to recruiting, hiring and retaining the highest qualified individuals to meet the educational goals of our diverse student population.

We encourage and support a diverse atmosphere where employees feel valued and recognized for their efforts, along with the support to create an environment which fosters the positive attitude and creative spirit of our employees.

Wilmington University offers a comprehensive benefit program that promotes wellness and supports healthy lifestyle choices. Human Resources affirms its commitment to ensuring that all employment and employment-related decisions are based on the principles of equal employment opportunity.

Above all else, the Wilmington University Human Resources Department provides quality service, while maintaining confidentiality, integrity, respecting individuals, promoting teamwork and focusing on innovation and the future.

Burn & Earn

Wellness has its rewards!
Every time you reach a wellness goal, you receive a token. Employees will work with the Employee Wellness Center Manager to develop goals to achieve tokens. Tokens will also be awarded for participation in other Workplace Wellness programs such as Weight Watchers at Work and Yoga.

Burn & Learn Guidelines

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

Stay tuned for more information on earning & redeeming tokens!

For details on Workplace Wellness Programs visit www.wilmu.edu/humanresources, email wellnesscenter@wilmu.edu or call 302-356-4696.
Welcome to our full service and fully equipped Employee Wellness Center. Providing employees the tools to achieve and maintain good health supports the culture of Wilmington University.

A fully loaded facility! Our 1,500 square foot Employee Wellness Center is located in the Pratt Building on the New Castle campus and offers a top-of-the-line series of exercise equipment, including: treadmills, elliptical cross trainers, exercise bikes, free weights and multi-station exercise systems. A separate, semi-private exercise room allows employees the opportunity to participate in DVD exercise programs at their own pace and time.

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 that has been recognized both regionally and nationally for their services.

Become a member. After completing a new member orientation, full-time faculty and staff will have access to a variety of services. Each member will receive an individual fitness evaluation, which includes a personalized exercise prescription program 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 also available.

Membership is free! While membership to the Employee Wellness Center is free for full-time faculty and 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.

Meet Kayla Andrews! Manager & Exercise Physiologist wellnesscenter@wilmu.edu

Kayla Andrews earned a Master’s Degree in Clinical Exercise Physiology from the University of Delaware and has her undergraduate degree in Exercise Physiology with an emphasis in Aquatic Therapy from West Virginia University. Throughout her course work, Kayla has done hundreds of internship hours at numerous sites focusing on cardiac rehabilitation and chronic disease, exercise prescription and lifestyle change. She is also a certified personal trainer through the American College of Sports Medicine.

Kayla enjoys swimming and strength training as well as cooking and spending time with her friends and family.

Hours of Operation
Monday – Friday • 7 AM to 7 PM
Staffed from 7 AM to 3 PM
For more information, call 302-356-4696, email wellnesscenter@wilmu.edu or visit www.wilmu.edu/humanresources.

Class Schedule

**MONDAYS**
- T-25..............10a - 10:45a, 11a - 11:45a, 1p - 1:45p
- Walking Club...11:30a - 12:15p
- Running Club...12:30p - 1:30p

**TUESDAYS**
- T-25..............10a - 10:45a, 11a - 11:45a, 1p - 1:45p
- TRX..............12p - 12:30p
- Bootcamp......12:30p - 1p
- Butt and Guts..2p - 2:30p

**WEDNESDAYS**
- Butt and Guts...7:30a - 8a
- T-25..............10a - 10:45a, 11a - 11:45a, 1p - 1:45p
- Walking Club...11:30a - 12:15p
- Yoga..............12p - 1p
- Running Club...12:30p - 1:30p

**THURSDAYS**
- T-25..............10a - 10:45a, 11a - 11:45a, 1p - 1:45p
- TRX..............12p - 12:30p
- TRX II..........12:30p - 1p

**FRIDAYS**
- T-25..............10a - 10:45a, 11a - 12p, 1p - 2p