

Community Membership Plans

All-Inclusive

All-Inclusive Membership includes unlimited group fitness classes, water-walking, and access to strength/cardio equipment, walking track, and sauna.

55+ \$25/month* or \$250/year
Under 55 \$35/month* or \$378/year

Basic

Basic Membership allows access to strength/ cardio equipment, walking track and sauna.

55+ \$20/month* or \$200/year
Under 55 \$25/month* or \$270/year

Day Pass

One-day all-inclusive membership.

Ages 14+ .. \$5/day or 10-Visit Punch Pass/\$40

Business Membership

Please contact the Wellness Center Director for a Business Membership proposal based on the number of employees.

Stonehill Therapy Complimentary Membership

Individuals in Stonehill’s Post-Acute Rehabilitation and Outpatient Therapy programs receive a complimentary 3-month All-Inclusive Membership that begins upon discharge from therapy.

**All month-to-month memberships are paid via automatic withdrawal. Payments are drawn on the first of the month. To sign up for automatic withdrawal you will need to provide a voided check.*

Hours of Operation

Monday5:15 am—8:00 pm
Tuesday5:15 am—8:00 pm
Wednesday5:15 am—8:00 pm
Thursday5:15 am—8:00 pm
Friday5:15 am—8:00 pm
Saturday6:00 am—2:00 pm
SundayClosed

Holiday Hours

New Year’s DayClosed
EasterClosed
Memorial Day.....Closed
July 3rd.....Morning Hours Only
July 4th.....Closed
Labor DayClosed
ThanksgivingClosed
Christmas Eve.....Closed
Christmas DayClosed
New Year’s Eve.....Morning Hours Only

Hours are subject to change. Special hours or closures will be posted at the Center and shared via email, Wellness Center Facebook page, and Stonehill website.



3485 Windsor Ave. Dubuque, IA 52001

(p) 563.557.7180
(f) 563.557.8934

For more information, please contact
Stonehill Wellness Desk
563.690.9640
wellness@stonehilldbq.com

stonehilldbq.com



A Legacy of Living Well.



Modern, spacious, and open to the public, our Wellness Center makes improving your health and wellness simple and accessible.

The Stonehill Wellness Center offers:

- Group Fitness Classes
- HydroWorx® Therapy Pool
- Indoor Walking Track
- Cardio & Strength Equipment
- Wellness Workshops
- Personal Training
- Massage Therapy
- Wheelchair Accessible Strength Equipment
- Sauna

We offer a welcoming community environment that supports your health and wellness goals.

Fitness for All

No matter where you are on your health and wellness journey, we are here to help you along the way. With a welcoming and encouraging atmosphere, we want to see you at your best!

Equipment Tour

All members receive a complimentary equipment tour. This is a scheduled appointment with a trainer to introduce you to the facility and show you the proper use of the various equipment to maximize your workout and prevent injury. Equipment tours are approximately 45-60 minutes long.

HydroWorx® Therapy Pool

The HydroWorx® 2000 Therapy Pool is open to members for 30-minute water-walking appointments. The first session in the pool is scheduled as an individual orientation to find a speed that fits your abilities. The treadmill in the pool runs from 0.5-5.0 mph. After the orientation session, you will be scheduled with members that walk at the same speed.

Pool appointments are available Monday through Saturday.

An all-inclusive membership, day pass, or punch pass is required to use the therapy pool.



How to Schedule Appointments

To schedule an equipment tour, personal training session, massage, or water-walking appointment, call the Wellness Center at 563.690.9640 or stop at the Wellness Desk.



Personal Training Bundles

Personal or partner training is the perfect way to begin exercise, train for events, or take your workout to the next level. Our personal trainers will design your personal training program and coach you along the way.

All sessions are 45 minutes. Prior to your first session, your trainer will call you to talk about your goals. Each session will be a different workout designed to help you reach your goals.

# of Sessions	Individual Bundle Rate	Partner Bundle Rate
3	\$55	\$65
6	\$105	\$120
9	\$150	\$170
12	\$200	\$225

Personal and Partner Training Bundle gift certificates can be purchased at the Wellness Desk.

Group Fitness Classes

The Wellness Center offers five Group Fitness Class Sessions: Winter, Spring, Summer, Fall, and Fit for the Holidays. All classes are drop-in and no registration is required. You must have the All-Inclusive, Day Pass, or Punch Pass membership to participate in classes.

We offer 3 types of classes: Level 1, Level 2, and Level 3. Equipment for all classes is provided.

Level 1: Beginner Level

Classes do not include floor-based exercises.

Level 2: Intermediate Level

Classes occasionally include floor-based exercises.

Level 3: Advanced Level

Classes are high-intensity. Depending on the style of class, it may include running, jumping, and floor-based exercises.

For full class descriptions, visit our Wellness Center Desk or view the current Class Schedule on the Stonehill website at www.stonehilldbq.com/wellness-center/



Massage Therapy

Massage Therapy Services are available by appointment with our in-house Licensed Massage Therapist. Massage Therapy can be a great addition to your wellness plan—providing stress relief, improving circulation, increasing flexibility, lowering blood pressure, and accelerating healing.