

Wellness Center FAQ's

212 1st Ave West. McLaughlin, SD 57642

605-823-4951 | CAGWellnessCtr@gmail.com | www.CommunityAllianceGroup.org



- 1. How much is it?** Gym memberships are: \$35/mo for Adults 18-54, \$20/mo for Seniors 55+, \$10/mo for High School Students, \$65/mo for Family Pass (2 adults & kids ages 13-18), \$110/mo Friends Pass (up to 5 adults), or \$5 for a Day Pass. *No one under 13 allowed in the WC gym.*
- 2. What are the hours?** Hours may vary per season of the year. However, we accommodate our members to the best of our ability so just let us know "your workout time".
- 3. Do we get a key or will it be staffed during those hours?** There will be at least one staff person on duty during all open hours. The Wellness Center west door entrance will remain locked during normal hours for security reasons. There is a video doorbell that members will ring so staff will verify who is at the door then let members in.
- 4. Can I use the sauna?** The sauna use is included with memberships. You will select a time with the staff on duty when it is available to use the sauna. It is a dry infrared sauna, so you'll keep clothes on.
- 5. How often can I use the sauna?** You could use it once per day, no more than 45 minutes each session.
- 6. How do you sanitize the equipment and sauna?** We sanitize each piece of equipment daily, plus all members are required to spray cleaning solution and wipe down after every use. The sauna gets sanitized with a special solution after each use.
- 7. Can someone show me how to use the equipment?** Yes.
- 8. Can we run the hallways/stairs?** Yes, only in early morning hours. Once offices open upstairs in the wellness center, we cannot have people running the building. If the scissor gates are closed, then you cannot run the halls. Ask us.
- 9. What's all available at the Wellness Center?** Essential workout equipment, a dry infrared sauna, inversion table, massage chair, vibration plates, yoga mats, massage therapy, physical therapy dry needling, mental health counseling, treatment program services, personal training and/or health coaching services, and various support groups such as: Food Support Group, GriefShare, and Families Anonymous Support Group.
- 10. How do I book a massage?** Call 605-926-9831
- 11. How do we reach any of the other professionals to book appointments?** Visit <https://communityalliancegroup.org/wellness-center> to view contact info for each or ask us for the Contact List sheet.
- 12. What if the weather is really bad?** If inclement weather closures need to happen, we will make every attempt to put a sign on the doors, post on social media pages and have KLND Radio announce it.
- 13. What if there is a funeral at the church?** The wellness center will remain open if it falls during normal hours, however the scissor gates will be locked. Members should be extra respectful during a funeral.