

Wellness Newsletter



January 2025

Modified Schedule and Closures

We will operate on a modified schedule for Christmas Eve on December 24 and be closed on December 25 for Christmas Day. The modified schedule has been sent to your email. Please reach out if you are having trouble viewing it.

Additionally, we will be closed on January 1 in observance of New Year's Day. The Strength Training Studio will be available for use.

Important Membership Updates for 2025



January 2025 marks the official start of Messiah Lifeways' new Wellness membership structure. Here's what you need to know:

Membership Rates: Current members who have transitioned over to the new membership

structure will now pay the monthly membership rate and an annual maintenance fee.

New Members: Anyone joining on or after January 1, 2025, is responsible for the monthly membership rate, the annual maintenance fee, and a one-time enrollment fee.

For specific rates and details, please refer to our **Membership Rate Sheet**. If you're reading digitally, you can click [here](#) to view the sheet or pick up a copy outside the Wellness Office. Additionally, our **preferred method of payment is Electronic Funds Transfer (EFT)**. This streamlined system eliminates the need for checks, simplifies the payment process, and ensures you'll never incur late fees, as charges are automatically withdrawn on or around the 20th of each month.

If you haven't already completed an EFT form, please do so as soon as possible. If you're reading digitally, click [here](#) to fill out the form. You can also stop by our office to pick up a form, or reach out to us via phone or email, and we'll make sure you get one.

We want to make sure this transition is as easy as possible for everyone. If you need assistance or have specific membership questions, don't hesitate to reach out. It's our mission to support you, and we're happy to help in any way we can.

Frequently Asked Questions

Why is the membership structure changing?

The transition to the new Messiah Lifeways Wellness membership is aligning us with new standards and opportunities to better serve you and provide a more streamlined experience.

What if I don't want to pay via EFT?

EFT is the most efficient and secure payment method we offer, and we recommend it to avoid late fees, missed payments, and handling checks. However, if you have concerns or prefer a different method, please reach out to us directly, and we can discuss alternatives.

Will the transition to the new membership structure affect my access to programs or services?

No, you will continue to have access to all the same amenities you did previously including the Strength Training Studio, pool, and all fitness and pool classes.

Will you be participating with any insurance companies?

No, Messiah Lifeways Wellness is not participating in any insurance-based programs.

Do I still have to pay the membership fee if I am away?

No, if you are away for any reason, you may freeze your account. Just let us know! To freeze, you must fill out our Freeze Membership Form. We have printed copies available at our office and can also email one to you. You can also cancel your membership at any time.

Do you offer discounted annual memberships or memberships for spouses (like a joint account)?

At this time, we do not offer any discounted rates or joint membership options. We have flat-rate pricing to keep things simple. However, we are continuously looking for ways to improve our offerings, and will communicate with you if this process changes.

Still have Questions?

If you still have questions or would like further clarification, please reach out to us directly!

Personal training sessions are still available!



Whether you are looking to enhance your strength, improve your fitness, or work on specific goals, we're here to help. We offer personal training sessions in the gym, in the pool, and we even offer swim lessons.

Limited spots are still open! If you're interested in scheduling a session, please reach out to us.

Communications Reminder

We have several ways of sharing important information between newsletters. Our general approach is as follows:

- **Sign-in kiosk:** Non-urgent Wellness updates and reminders will appear on the kiosk when you sign in.
- **Emails:** You will receive time-sensitive updates via email.
- **Recorded messages:** You will also receive urgent or time-sensitive updates via a phone call/voice message.

If you do not receive emails or recorded messages, please email wellness@messiahlifeways.org.

Class Etiquette Reminder

We love the energy you bring to our classes! Social interaction is an important part of what we do, and we encourage it. However, we need to be mindful of volume during classes. When things get too loud, it can make it hard for others to hear the instructor, and sometimes the instructor has to shout over the noise, which isn't fair to them. Let's work together to keep the energy up while still being respectful to everyone around us.

Also, a quick safety note: Please avoid using the hot tub during class times. The instructor's focus is on leading the class, and they may not be able to respond right away in the case of an emergency.

Thanks for helping us keep classes fun, safe, and welcoming for everyone!

Open Office Hours

Our office hours are held during the following times:

- Monday through Friday | 10:00 - 11:00 am
- Wednesday | 2:30 - 3:30 pm

We ask that members save inquiries/support needs for these dates and times. All other needs should be addressed via email to wellness@messiahlifeways.org.

– *Richie Gary, Wellness Manager*
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