

## About us

The Hälsa program at M-Power Wellness Centre is an alternative to our regular membership, designed for individuals who need supervision and guidance to safely perform exercise. This is a supervised, small group approach to exercise. Sessions can be scheduled up to three times weekly in groups of 2-4. Each session is 30-60 minutes long depending on your needs and capabilities, and is supervised by a trained exercise professional. There is also a one day per week swimming pool option.



### Hälsa Klubb Contacts:

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## Hälsa Klubb



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*A supervised  
approach to  
fitness*

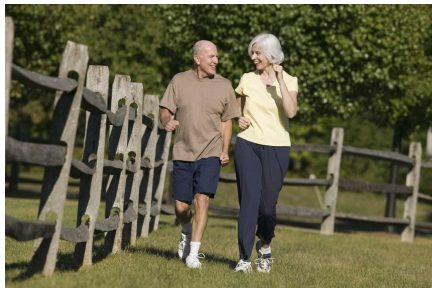


**Questions?  
(651)257-7957**

## Welcome to Hälsa Klubb!

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While each member seeks a unique outcome from exercise, the main goal of Hälsa Klubb is to help you improve and maintain your independence.



\*In order to participate in this program you must be able to bear your own weight and transfer with the assistance of just one person. **Physician's approval** is required before you begin.

### Is Hälsa Klubb for you?

This membership is a great option if you are looking to transition from Physical Therapy to independent exercise, cannot safely exercise on your own, or need help to transfer on and off of the equipment.

### Getting Started

Once you submit your completed Membership Packet and signed Physician Approval letter, one of our specialists will contact you to set up an Introductory Session. This session is for us to get to know you, assess your needs/strengths/limitations, and design your exercise program. We will also use this time to set up a schedule for your exercise.



### Monthly Program Rates

Campus clients/tenants:  
\$100.00/month

Community members:  
\$150.00/month

### Additional Fees

Pool Sessions: \$25.00/hour

One-on-one \$40.00/hour

There is a one-time administration fee of \$50.

**Holds:** In the case of illness or injury, you can place your membership on hold. A Physician's approval would then be required in order for you to return to the program

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