

Be Smart.

Lockers are available for rent and for daily personal use to store your valuable items. Do not leave treasured items in plain sight.

Be Prepared.

If you are wanting to use the pool or shower, please bring your own towel. Sweat towels are supplied.

Be Clean.

Please wipe down your equipment when you have completed your workout.

Be Courteous.

If someone is waiting for your machine, don't stay on it for more than 30 minutes. Also, kindly unrack your weights when you are finished.

Be Well.

Orientations are offered on the pool and all equipment throughout the wellness center. The Wellness Staff would be happy to assist you with any questions you may have.



Glenn Korff

About the Korff Fitness & Wellness Center

The new Korff Fitness & Wellness Center was made possible because of a generous gift from the estate of Hebron native, Glenn Korff. It was always important to Glenn to give back to his hometown, and this center will stand as a lasting

legacy to his commitment to health and fitness. The services provided will have a positive impact on the overall health of local residents for generations to come.



Marissa Bongers
Wellness Program
Coordinator

Meet our Wellness Program Coordinator

As the Wellness Program Coordinator, Marissa will be a health and wellness resource to the local communities and businesses. She will design and implement corporate wellness programs while guiding and motivating wellness program

participants. You will see Marissa in the community promoting health education programs and activities for Thayer County communities, local businesses, and the schools in Thayer County.

Please feel free to contact Marissa at wellness@tchsne.org or by phone at 402-768-4320 about any health or fitness questions you may have.



THAYER COUNTY HEALTH SERVICES
**KORFF FITNESS
& WELLNESS CENTER**



 *Thayer County
Health Services*

Exceptional Health... Close to Home

 *Thayer County
Health Services*

120 Park Avenue, Hebron, NE 68370
main line: 402.768.6041 | wellness: 402.768.4320
www.ThayerCountyHealth.com

Welcome to the Korff Fitness & Wellness Center

Thayer County Health Services is proud to offer our community a full service fitness and wellness facility.

We are here to help you get and stay healthy, plus have fun, too!

Our Services

- Equipment Orientations
- Aerobics Room with On-Demand kiosk

Equipment

- Indoor Walking Track
- Heated Therapy Pool with walking track
- Cybex Equipment
- Stationary Bikes
- Rowing Machine
- Treadmills
- Arc Trainers
- Free Weights



Membership Pricing

No enrollment or contract fees

Individual Memberships

1 months: \$32
6 months: \$173 12 months: \$326

Family Memberships (Spouse and all dependent children under the age of 18 or unmarried fulltime students up to age 22. Dependents must be on parent's tax return.)

1 months: \$49
6 months: \$265 12 months: \$500

Senior Individual Memberships

(62 years +)

1 months: \$29
6 months: \$157 12 months: \$296

Senior Family Memberships

1 months: \$39
6 months: \$211 12 months: \$398

Student Memberships

(Students 14-24 with evidence of full time enrollment status)

1 months: \$26
6 months: \$140 12 months: \$265

Guest Passes

1 day: \$5
6 visit punch card: \$25

Corporate Pricing Available

Please call 402.768.4320 to discuss rates.

Staffed Hours

For information on hours, call **402.768.4320**, 'Like' the Korff Fitness & Wellness Center on Facebook, or visit our website, www.ThayerCountyHealth.com.

24/7 access is available with signed waiver
Pool available during staffed hours only
(Based on usage, hours subject to change)

Child Access Policy: Children must be 9 years of age or older to use the facility.