



Fitness Program Rules and Regulations

All of our rules and regulations are designed to provide a safe and courteous environment. Please read thoroughly and acknowledge with your signature. If you have any questions or concerns bring them to the attention of the Fitness Staff. Thank you.

- Upon arrival, all participants must check in at the front desk by swiping the ID keychain. This will allow us to keep a record of the number of participants, daily use, and other research information for monitoring and improving our Fitness Program now and in the future.
- This is a health care facility. ABSOLUTELY NO TOBACCO and/or ALCOHOL USE.
- Please be courteous to your fellow members and physical therapy patients. Wipe down equipment at the completion of your exercise, return magazines and dispose of trash before you leave the fitness area.
- I understand that it is my responsibility to promptly report any broken equipment in the facility to a member of the HealthWorks staff.
- Please return plates, bars, and dumbbells to their proper racks.
- Please do not bring personal belongings into the fitness areas. Lockers are available. You may bring your own lock to use while you are here, but it must be removed when you leave. Locks left on lockers will be cut off at the end of each day. HealthWorks is not responsible for lost or stolen items.
- Please do not bring food into the fitness area. Beverages in a plastic container are permitted.
- Incoming and outgoing personal phone calls are to be limited to emergencies only. A courtesy phone is available in the front entrance. Please refrain from asking the front desk staff to use the telephone or hold your personal belongings.
- Yellow participant exercise folders will be kept in the fitness area. Fitness participants will be responsible for care and return of the fitness folders following their workout.
- Fitness participants are expected to leave the facility by the designated closing time. Please allow yourself adequate time to cool down properly, shower, and change if necessary.

- Occasionally, certain areas of the facility (gymnasium, classroom, pool) will not be accessible due to specialty events sponsored by HealthWorks.
- No visitors/guests of fitness participants are permitted to use equipment without paying the daily membership fee. Children under 12 are not allowed in the fitness area. Childcare is available.
- Please watch your language; this is a family oriented facility.
- No tobacco use of any kind is permitted in facility.
- Members are expected to wear appropriate attire. Appropriate shoes must be worn at all times. Sandals, work shoes and boots are not permitted. Only athletic shoes may be worn in the workout areas.
- Members are not allowed in storage areas, office areas, or other administrative spaces.
- Please be aware of patients who may have special needs while using the fitness equipment.
- Members under 18 must demonstrate the ability to use our fitness equipment safely and responsibly.
 - Although children 12 and older are eligible for a fitness membership, HealthWorks reserves the right to refuse or terminate membership for disruptive behavior or unsafe training techniques.
 - Children (and adults) should not disrupt or interfere with activities of physical therapy patients or other fitness members.
 - Children under sixteen may only access the free weight room with permission of the fitness staff. This rule must be strictly followed. Access will also be granted if the child is under the supervision of a parent/guardian or a HealthWorks personal trainer.
 - HealthWorks may restrict minors from using certain pieces of equipment for safety considerations. HealthWorks reserves the right to terminate a membership without a refund for non-compliance of any such restrictions.
- HealthWorks follows the exercise guidelines of the ACSM and NSCA and reserves the right to disallow certain high risk training techniques.
- HealthWorks reserves the right to terminate membership without refunding membership dues if the *Fitness Program Rules and Regulations* are not followed. Membership may also be terminated if fraudulent information is provided during the joining process.

Fitness Program Rules and Regulations

Pool Rules

- Pool participants must wear appropriate clothing. Men should wear trunks and women should wear swimsuits, which provide adequate coverage.
- All persons must wear clean shower shoes, sandals, aqua shoes, or socks in the locker room at all times. These should be worn to and from the pool. Diabetics and others with decreased sensation of the feet should wear them into the pool.
- No animals are allowed in the pool area. Exceptions allowed for service animals (not in the water).
- Individuals with communicable diseases, infections, or open wounds or blisters are prohibited from entering the pool. Incisions may be covered with tegaderm as per physician approval. Please note band-aid type bandages are not waterproof barriers. Please see an aquatic staff member if you have questions or concerns.
- No spitting or spouting of water is allowed in the pool.
- Please do not bring food into the pool area. Beverages in a sealed plastic container are permitted.
- Every one must shower prior to getting into the pool. Hair and skin should be clean and the body should be free of all makeup and skin lotions.
- Absolutely no horseplay, running, or jumping is allowed.
- Individuals with incontinence are not allowed in the pool.
- No outside toys/equipment are allowed in the pool without prior authorization from our staff.
- All persons should sign up with the front desk for available times for lap swimming and therapy. This aids in scheduling of staff, lunch breaks, and pool operational tasks.
- Please do not wear cologne or perfume into the pool.
- Our staff has the right to refuse admittance to the pool or eject from the pool anyone refusing to comply with the above rules and regulations.

Payment Policies

- All fitness members must present their *fitness membership tag* to gain admittance to the facility. Members will not be admitted if account (required paperwork and/or payment) is not current.
- We offer pay-as-you-go options: 1-Day Pass: \$8.48; 7-Day Pass: \$21.20; 30-Day Pass: \$68.90. These prices include tax. Individuals who have purchased a pass are considered Participants. Participants have access to the facility and group exercise classes; participants are not entitled to the benefits of membership. Participant passes are non-transferable and the days are counted consecutively. If participant initiates a membership when their Pass is active, the cost of the Pass will apply toward purchase of membership. For example, if participant initiates a membership the same day he/she purchased a 1-Day Pass, the daily fee already collected will apply toward membership.
- Standard Membership: The initiation fee of \$37.10 and prorated first month of membership dues are collected at the front window when an individual joins the HealthWorks Fitness Program. We honor: American Express, Discover, MasterCard, Visa, personal checks, and HealthWorks Gift Cards/Certificates. The recurring dues payment is \$37.10 (prices include tax). Members must enroll in Automatic Payments via EFT. Electronic Funds Transfer is a method of transferring monthly membership dues automatically from a checking or savings account. This method of payment is secure and convenient; non-payment due to: Non-sufficient Funds, Stop Payment, and/or closed accounts will be charged \$25.00 or maximum amount allowed by law.
- Yearly Membership: Individuals can purchase a yearly membership. Cost is \$424.00 (price includes tax) and admin/initiation fee is waived. Memberships paid in full are not eligible for Membership Termination or refunds due to the lack of use of the facility.
- Guests: Members have 10 Free Guest Passes placed on account electronically and can bring a guest with them. Guests must check in with the fitness receptionist upon every arrival. Guests will be screened 1 time per calendar year for exercise health risks using a Pre-Activity Readiness Questionnaire and blood pressure measurement. If any exercise health risks are identified, medical consent will be required prior to participation.
- Membership Termination: Members with a Standard membership on auto pay can terminate their membership at any time with no fees or penalties. Requests to terminate membership must be submitted on a Termination Request Form at least 24 hours prior to the effective billing date. The forms are available at the Front Desk or on the HealthWorks website. Requests for Termination cannot be taken over the phone.
- Re-initiating: A fitness membership can be re-initiated. If the membership has been terminated for less than 120 days (4 months), the re-initiation fee is \$10.00. If the membership has been terminated for 120 days (4 months) or more, the re-initiation fee is \$35.00.
- Relocation/ Transfer / Cancellation: Memberships are not transferable under any circumstances. Memberships paid in full may be cancelled by providing proof of move over 30 miles away (new and old utility billings in member's name) and paying all past due invoices.