

Pool Policies

- Please shower before entering the pool
- No Diving; feet first entry into the pool only
- No food or glass in the pool area
- No running or horse-play on the pool deck or in the pool
- Individuals with open wounds or sores may not enter the pool
- Appropriate swim attire required
- Children of all ages must pass a swim test to be in the pool area without a parent/guardian. Parents/guardians must sign in their children and sign them out in the aquatic area. 2 hour time limit.
- Lap swimmers ONLY in the lap lanes
- No sitting or hanging on the lane ropes
- Water shoes are recommended unless lap swimming (no street shoes allowed on deck)
- Respect guards and instructor's instructions
- Babies must wear swimming diapers
- Public display of affection is prohibited
- Immediate attention must be given to a lifeguard whistle. One long whistle by the lifeguard indicates an emergency and is the signal for swimmers to clear the pool.
- No spitting, spouting of water, blowing nose or similar

Group Fitness Policies

(Cycling Arena, Studio I, Studio II, Kidzone)

- Pick up a schedule at the front desk.
- No street shoes allowed in these rooms.
- Please do not enter the rooms until the previous class has finished.
- Please wipe down all equipment after each class and return it to storage.
- Please keep bags and coats in the locker rooms.

Visit the Discover Shoppe located in the main concourse. Visit our SPA!



Member Handbook



Standard Hours of Operation:

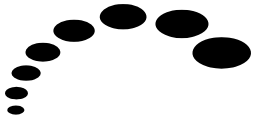
Monday thru Thursday: 5:00am to 10:00pm

Friday: 5:00am to 8:00pm

Saturday: 7:00am to 5:00pm

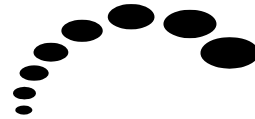
This handbook is created to highlight the rules and regulations of the Fitness Forum Sports & Wellness. All member and guest policies are subject to change.

www.fitnessforum.biz



Mission

The mission of Fitness Forum Sports & Wellness is to assist others in reaching their God given potential, especially through physical fitness and health as it relates to and sets in balance with mental and spiritual fitness.



Belief Statement

Fitness Forum Sports & Wellness (and the affiliated Holm Medical Clinic) was founded upon a God given vision to provide wholistic health care to the people of the Plymouth and surrounding areas. It is our belief

- That God is sovereign and has created us in His Image to honor Him through stewardship of our body, soul, and mind;
- And that everyone has the right to strive for their greatest potential of physical, spiritual and mental fitness regardless of their present state;
- And that wellness is a state on the continuum of health, superior to being free of sickness, but rather living with intensity and purpose adopting behaviors that promote health, and eliminating behaviors that are self-destructive.



Track Policies

- Must enter this area by the elevator/Kidzone ONLY!
- Monday/Tuesday/Wednesday - walkers and runners will be going clockwise.
- Thursday/Friday/Saturday – walkers and runners will be going counterclockwise.
- Walkers should stay to the inside lane, runners to the outside.
- Street shoes are not allowed on the track-No boots or spikes.
- Shirts must be worn at all times.
- Please do not stop on the track, must be moving at all times.
- Stretching is to be done in “off track” designated areas.
- The track is not to be used as an observation area for gymnasium or rock wall activities.
- No leaning, sitting or hanging on the track railing.
- Strollers, wheelchairs and walkers are welcome

Climbing Wall Policies

Unauthorized or unsupervised climbing or bouldering is strictly prohibited. Anyone on the wall at any time without Fitness Forum Sports & Wellness staff permission will lose climbing wall privileges.

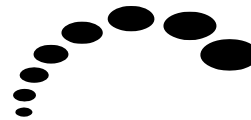
- No one permitted to climb without Fitness Forum Sports & Wellness authority present or a belayer with FFSW certified belaying card
- All climbers must sign Fitness Forum Sports & Wellness climbing wall waiver forms and rules agreement prior to climbing. Participants under the age of 18 must have form signed by a parent/guardian. Forms are located at the member information center.
- Belayers, no matter the age, must be approved by climbing wall supervisor.
- Participant must be 55lbs-five years old to be permitted to climb
- Climbing wall supervisor or Fitness Forum Sports & Wellness personnel working at the wall has the authority to ask anyone to leave if their behavior is deemed inappropriate, hazardous, or disruptive. Violation of climbing wall rules may result in loss of climbing privileges.
- Fitness Forum Sports & Wellness is not responsible for lost or stolen items. Keep all personal non-related climbing gear in the locker rooms. Do not leave gear unattended or unsecured. Personal gear must be inspected and approved by Fitness Forum Sports & Wellness supervisor prior to use on the wall.
- Swinging or hanging on the ropes and horseplay are strictly prohibited.
- Report all unsafe climbers and equipment to climbing wall staff.
- No food or drink is allowed in designated climbing area.
- Never drop or throw equipment. Never step on rope.

Sauna & Steam Room Policies

- Due to under-developed thermoregulatory system, children 13 and under are not permitted access to the Sauna.
- The sauna temperature is kept between 170 and 180 degrees Fahrenheit.
- Steam room temperature is kept between 100-110 degrees with 100% humidity.
- Exposure greater than 15 minutes may result in nausea, drowsiness or fainting.
- Due to high temperatures, the sauna can be dangerous to your health. We recommend that you consult with your physician prior to using. Those with medical conditions such as high blood pressure, heart disease, respiratory problems, pregnancy, etc. should avoid exposure to high heat.
- Allow yourself at least five (5) minutes after exercising to cool down prior to entering.
- No food or drink allowed inside Sauna.
- Please shower before entering.
- When seated, please use towel.
- Avoid use while under the influence of alcohol, tranquilizers or other drugs that cause drowsiness.

Whirlpool Policies

- Due to under-developed thermoregulatory system, children 13 and under are not permitted access to the Whirlpool.
- The whirlpool temperature is kept between 102 and 105 degrees Fahrenheit.
- Limit yourself to a maximum of ten (10) minutes.
- Due to high temperatures, the whirlpool can be dangerous to your health. We recommend that you consult with your physician prior to using. Those with medical conditions such as high blood pressure, heart disease, respiratory problems, pregnancy, etc. should avoid exposure to high heat and humidity.
- Allow yourself at least five (5) minutes after exercising to cool down prior to entering.
- No food or drink allowed inside whirlpool.
- Please shower before entering.
- Swimsuits or t-shirts & shorts required in this area.
- Pregnant women, small children or persons with heart disease, diabetes, high blood pressure or low blood pressure should not enter the spa unless under supervision of a physician.



Vision

- I. To continue to FOLLOW God's unfolding vision.
- II. To provide WELLNESS opportunities to members and people of this community to enable them to reach an optimum level of physical, mental, and spiritual wellness.
- III. To EDUCATE children and adults regarding the benefits of a healthy positive lifestyle.
- IV. To provide PHYSICAL FITNESS opportunities which enable members and people of this community to reach and maintain healthful and satisfying levels of strength, flexibility, weight control, nutritional balance, and cardiovascular fitness, in relation to their athletic, cosmetic, or physical wellness objectives.
- V. To provide PROFESSIONALLY SUPERVISED programs that are physiologically safe and effective, enjoyable and motivating.
- VI. To work in conjunction and HARMONY with other diagnostic, wellness, and rehabilitation efforts of community health care.
- VII. To RESPECT the dignity of the staff and all who enter our facility by providing equal service, an encouraging atmosphere and respect for family and spiritual priorities.
- VIII. To be responsible for improving our personal and corporate knowledge bank by providing SCHOLARSHIP for staff in the form of continuing education and tuition, and to high school students for higher education in the fields of fitness, healthcare and wellness, and provide intern and observation opportunities for students.
- IX. To encourage RESEARCH within and beyond to better our knowledge and service.
- X. To develop RECREATIONAL OPPORTUNITIES to encourage physical fitness, develop specific skills, promote emotional and social health, and unity of family and friends.
- XI. To CARRY THE MISSION into the community beyond the confines of the facility into schools, industry, government, service and social clubs, community activities and other developing opportunities.



Programs and Services

(included with membership)

Fitness Assessments – We want to ensure you are starting off on the right foot. Each member is encouraged to meet with one of our trainers to gather baseline information to monitor fitness progress. This is included in your membership, sign up today at the front desk.

Orientation

Individual – All members are given an opportunity to use our state of the art TechnoGym Wellness System. Sign up for your orientation today and our trainers will be happy to show you how you can track your progress electronically, and provide you with an exercise prescription based on your fitness goals. *Fitness Assessment recommended prior to this orientation.*

Group Orientation— See fitness desk for the current class schedule and sign up.

Fitness Staff— Fitness Staff are available all hours of operation to assist you in your workout, answering questions, and for further orientation.

TV System— Please bring in a walkman that has either a digital or dial FM to use this system. Simply program the station of identified frequency into your walkman and you will get that station. Please see staff for more information.

Group Exercise Class – Pick up your aquatics and land schedules today. Pick up passes for group cycling at cycling arena upstairs.

Open Gym— Check the gym schedule near the gym entrance.

Lockers – We have daily use lockers available, please bring a lock. If you are interested in a monthly rental, stop at the front desk.

Monthly newsletters – Monthly newsletters are created for you to keep up on all the activities and updates at Fitness Forum Sports & Wellness. These are available at our member information location or get it off our web site, www.fitnessforum.biz.

Comments – We love to hear the feedback of our members. We encourage you to share your ideas and comments regarding the facility. Comment card boxes are located throughout the facility.

Community Outreach Education – Join us on the 3rd Tuesday of every month in the LifePlex Conference room for an educational presentation by a variety of professional speakers. Details for each month are available at our membership information center.

Lost & Found – Located at the front desk, we will keep lost items for 30 days. If these items are not claimed they will be donated to the Good Will.

Cardio, Stretch & Strength Training— Sign up for an orientation

Racquetball & Walleyball Court Games— Reservation recommended \$6 charge for No Show

Towels and locker room amenities

Open Swim— See Aquatics schedule

Track— 7 laps per mile

Climbing Wall— Monday thru Friday 5:00pm-8:00pm

Racquetball Court Policies

- Members can reserve the court for no fee. If you do not show up, a \$6 fee will be charged to your account.
- Reservations can be made one week in advance. No standing appointments.
- Only one court per hour, per day, per member can be reserved. (*maximum 3 times per week*)
- Courts will be reserved on the hour.
- Shirts must be worn on the court.
- No black soled shoes or street shoes allowed on the court.
- Racquets and balls are available at the front desk in exchange for an ID or keys.
- Protective eye wear must be worn at all times.
- Please respect the court time and the players waiting.
- Players must exit court when reservation time has expired, players may not remain on court to finish a game.
- Members must check in at front desk prior to use to avoid court fee.
- Walleyball net and ball available upon request
- Private and group lessons available
- Leagues are open to all members of all abilities, check the front desk for schedules.
- Guest Fee: \$13.00 day fee plus \$6.00 Court Fee

Gym Policies

- The gym, on occasion, is reserved for programs and events, please look at the weekly schedule located in the gym for activities.
- All gym equipment is checked out at the front desk and will be given in exchange for an ID or keys.
- You must bring back the equipment you have checked out or a fee will be assessed.
- No street shoes are allowed on court.
- Shirts must be worn at all times.
- No dunking.

Locker Room Policies

- Sweat, shower and pool towels are provided for use at the front desk in exchange for an ID or keys.
- Please do not sit in lounge area with wet clothes.
- Parents must accompany their children 13 and under in locker room .
*If children are opposite gender please use the family changing room
- Family changing room- (*located at pool entrance foyer*).
- Parent with young children are encouraged to use family changing room.

Guest Policies

- Members are encouraged to bring in guests. Please call ahead and let Fitness Forum Sports & Wellness know when you will be bringing a guest in. A staff member will insure a tour is given.
- All guests must sign a guest form located at the front desk.
- Guests will pay a day pass charge of \$8 for ages 0-13, \$13 for 14 & up.
- Weekly passes are available for \$45 for adults and \$32 for children
- Guests under the age of 18 must have their parents consent to use the facility.
- Class Pass for group exercise classes is \$9.00

General Policies

Our number one concern for our members and guests is safety. Please let our staff know immediately if something is not working appropriately. Thank you!

Cardio and Weight Room Policies

(Please wipe down the equipment after use)

- All plates and weights must be returned to racks or spaces allotted for them immediately after use.
- Please do not drop or throw weights
- Children must be 5' or taller to be on the Technogym Equipment.
- It is recommended that children go through orientation before using the exercise equipment.
- Children 7 –13 are allowed in the cardio area with a parent/guardian.
- Children are allowed to strength train with parent at any age.
- Resting on equipment should be limited to 30 seconds in cardio and weight room areas.
- Usage of all cardio is limited to 30 minutes unless there are no members waiting for that particular piece of cardio equipment.
- All beverages must be kept in a container with a lid.
- Shirts must be worn to cover the midriff. No offensive graphics are allowed on clothing.
- Close-toed athletic shoes are required in cardio and strength areas.
- Please ask the fitness staff for spotter assistance or workout with a buddy to spot you.



Special Programs

(additional charge-Brochures available for the following programs)

Personal Training

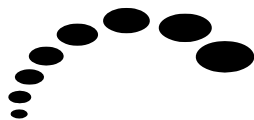
- 1) **Personal Training** – A wide variety of personal Training Services are offered by certified personal trainers. You are encouraged to utilize this service to help ensure your goals are met. Please see our brochure for pricing and a list of bios on our trainers.
- 2) **Expanded Fitness Assessments by design** – Whether you are wanting to lose weight, build bulk, improve your medical condition, or become an elite athlete, you will want to know more information about your fitness level.

Clinical Programs

- 1) **Cardio Pulmonary Rehab** - Cardiopulmonary rehabilitation (rehab) services are designed to help people with heart and lung disease recover faster and return to full and productive lives. Cardiopulmonary rehab includes exercise, education and counseling. Together with medical and surgical treatments, cardiopulmonary rehab can help you feel better and live a healthier life. This program is by doctor referral only.
- 2) **Diabetes Program** – Whether you are pre-diabetic or have been diagnosed with either type I or type II diabetes we can help. This is a 6-hour program designed to help you understand your disease, and how to take control of it. All classes will be administered by a Certified Diabetes Educator and a Clinical Exercise Physiologist.

(For more information on clinical programs see each programs individual pamphlet)

Gift Certificates – Fitness Forum Sports & Wellness offers “gifts of health” available for purchase at the front desk for a variety of items such as our Pro Shop, personal training, Spa services, swim lessons, and memberships.



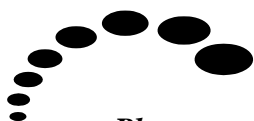
Special Programming cont'

(additional charge-Brochures available for the following programs)

- **Infant & Preschool** – A Play House membership for 0-6 years of age includes the pool, track, and gym use with a parent.
- **Climbing Wall** – ages 5 years old **and** 55# can climb when the wall is open. See schedule at the climbing wall. (If you can climb a ladder, you can climb a wall)
- **Youth Programming** – See *Youth Programming in the catalog for additional programming information.*
- **Aquatics** – Two pools: a lap pool and a warm water therapy pool.

Child and adult swim lessons

- **Parent & child classes** - The parent and child class will be held in the warm water therapy pool. The class is designed for 6 months 36 months old as an introduction to the pool. Enjoy this parent and child bonding class!
- **Parties**- Fitness Forum Sports & Wellness is excited to assist you with your next party. We have a variety of packages to choose from including: birthday parties (groups of all ages), H.S. after proms, rock climbing wall parties, and swim parties.
- **Conferences** – For those annual business meetings, and monthly events we can take the hassle out of the planning with our meeting room options and café catering service. You can include a fitness or sports “break” in your planning.
- **Gym Activities** - Sports, clinics, leagues, and much more!
- **Locker rental with laundry service**
- **TechnoGym Wellness System** - A state of the art system that will track your activities and progress electronically used with Smart Key, Smart Keys can be purchased for \$25.00.
- **Climbing Wall belaying certification**



Membership Policies

Please respect the facility, equipment and others.

- Anyone under the age of 18 must have their parents consent to become a member.
- All members are expected to conduct themselves in a courteous and appropriate manner.
- All members must check in at the front desk by finger scanning prior to usage of the facility.

Membership Policies cont'

- Electronic Fund Transfer (**EFT**) is our primary dues payment plan. This can be set up to be automatically withdrawn from checking/savings account or charged to your credit card. Another option is to pay by the year, which saves you a month's payment. Otherwise, the fee to pay monthly will have a \$5.00 service fee accessed to your account.
- **Monthly payments:** are due before the **FIRST** of the month. Failure to pay your dues could restrict your use of the facility and a \$5.00 late fee will be applied to your account.
- If you want to terminate your membership, a termination form **MUST** be completed.
 1. A 30 day notice is required before the termination will go into effect.
 2. If you need to freeze your membership for any reason, a freeze fee of \$25 per month will be required and a form must be completed with a 30 day notice.
- All members **should** complete a **Health History** prior to using the facility; this is on our website www.fitnessforum.biz (right side on home page) and then click on the motivation link.
- Please use the lockers to store your personal belongings.
 1. Daily use lockers are available free to members to use while working out, you need to bring your own lock. Padlocks are sold in the Discover...Shoppe.
 2. Fitness Forum Sports & Wellness is **NOT** responsible for items that are lost.
 3. Monthly rental lockers are available for you to leave your belongings over night. These lockers have a combo lock included with the rental.
 4. Locks left on lockers (non rental lockers) overnight will be cut off and contents removed.
 5. Locker rental with laundry service is available for an additional fee.
- Sweat, Shower and Pool towels are provided for use at the front desk in exchange for keys or picture ID card.
- All items checked out at the front desk must be returned, if not returned by the end of the day they are charged to your account!
- Deposits may be required to check out items.
- Members and guests must abide by the regulations of the facility.
- Corporate Members must provide proof of employment.
- Family memberships exceeding 8 people will be charged \$20/month per person. Proof of address may be required.
- Children 13 and under must be with a parent or in the Play House area or in an organized program
- Shirts and shoes must be worn at all times unless in pool or locker room area
- **NO** climbing on railings/**NO** running throughout the hallway
- **NO** entrance into staff offices unless by appointments
- **NO** gum allowed throughout the facility
- Contracts for members under 18yrs must be signed by a parent