

GUEST ACCESS

State Issued ID or Driver's License is required for all guest access. Please provide to reception staff.

You will be asked to provide the following information:

- Full Legal and preferred first name
- Date of Birth
- Physical address
- Mobile phone number
- Email address
- Emergency contact name, relationship and mobile number

7-Day Free Trial

Redeemable only once; grants 7 consecutive days of facility access; **eligibility requires GA state-issued ID.**

Complementary Facility Access

Consecutive day access granted through Emory Cardiopulmonary Rehabilitation, Wellness Center Phase III Medical Fitness, Emory Outpatient Aquatic and Physical Therapy and Physicians' Care Clinic.

Paid Guest Access

1 day @ \$10 | 7 consecutive days @ \$20 | 14 consecutive days @ \$30 | 30 consecutive days @ \$60

Consent and Release

I have voluntarily enrolled at The Wellness Center at Emory Decatur Hospital in either a structured exercise program or a program which permits self-directed recreational use of exercise facilities. I have been informed and understand that there are certain risks of accident, illness, injury, or death that are inherent in any program of physical exercise. These risks include, but are not limited to increased pulse and respiration rate, joint stress on weight bearing joints, fatigue, possible blood pooling which can cause fainting, sore and/or pulled muscles, side cramps and charley-horses, and dehydration, as well as less common risks such as fractures and heart failure. I further understand these risks can be intensified and possibly severe in participants with certain high-risk factors identified as high blood pressure, obesity, diabetes, high blood fat levels, heavy intake of alcohol, heavy cigarette use, history of heart disease, and history of joint disease, especially back and knee injuries.

I have been informed and understand that The Wellness Center at Emory Decatur Hospital has no responsibility to detect factors that may increase the risk of illness or injury for particular participants in its exercise program and that it urges each participant to consult his/her physician before beginning an exercise program.

By signing below, I consent to assume all risks, which are associated with, or which may result from vigorous physical exercise or any other activities I undertake in structured programs or recreational activity conducted by The Wellness Center. In consideration of the benefits I will receive from The Wellness Center exercise program, I, for myself and my heirs, executors, and assigns, release The Wellness Center at Emory Decatur Hospital and their officers, agents, staff, physicians, and other representatives from any and all liability for illness, injury or death which may occur from, or arise out of participation in the exercise program from any cause whatsoever, including the negligence of those being released. If one or more of the provisions contained herein shall be held to be unenforceable in any respect under Georgia law, such unenforceability shall not affect other provision of this Consent and Release. The Consent and Release shall then be construed as if such unenforceable provision or provisions had never existed.

Wellness Center Member Guidelines

Fitness Floor:

- Members must check in at reception before working out. If membership has expired, payment is required before working out.
- Members must adhere to the Fitness Floor Dress Code:
 - Sweat pants, yoga pants, and athletic shorts are permitted. No jeans or restrictive clothing.
 - Shirts are required in all areas except the pool and locker rooms.
 - Proper athletic footwear is required (e.g. closed-toe shoes with a closed heel back).
 - Sandals, flip flops and bare feet are not allowed except in the pool and locker room.
- Headphones are required for personal audio on the fitness floor.
- Wipe off equipment after use. Gym wipes are on fitness floor.
- When others are waiting, limit the number of sets or time on machines; 30 minute limit on cardio machines.
- Strong perfumes or colognes are prohibited in fitness areas and in locker rooms.
- Beverages must be in spill proof, non-breakable containers.
- Cell phone calls and use of Cameras is prohibited in fitness areas and in locker rooms.
- Be courteous to all members. Any behavior that may jeopardize the safety of others or behavior inimical to the enjoyment of Emory Decatur Wellness Center by other members and staff will not be allowed and may result in suspension or termination of membership.
- Allowing non-members access to the Wellness Center may result in suspension or termination of membership.
- Personal Training may only be conducted by Wellness Center Staff. Please see Fitness Coordinator to schedule personal training.

Pool:

- Advance registration is required for aqua group fitness. Reservations at: www.ourclublogin.com/510529.
- Please show up to class on time. Arrivals more than 10 minutes late are not allowed.
- Showering is required before entering the pool.
- Only bathing suits and approved aquatic apparel are allowed in the pool; Aquatic shoes are encouraged.
- No diving, pushing, shoving, spitting, urinating or horseplay is allowed in the pool.
- Please remove all jewelry, make-up and band aids before entering the pool.
- No walkers in lanes designated for lap swim. Two swimmers are allowed per lane.
 - Lap swimming is defined as continuous movement.
- No lap swimmers in lanes designated for Water Walking. Two walkers are allowed per lane.
- No open sores, wounds or blisters in the pool.

Group Fitness:

- Advance registration is required for group fitness. Reservations at: www.ourclublogin.com/510529.
- Please show up to class on time. Arrivals more than 10 minutes late are not allowed.
- Proper attire is required for group fitness classes. Fitness Floor Dress Code applies.
- Exit doors in the Group Fitness Studio and beside the Massage room are FOR EMERGENCIES ONLY.