

## **Wellness Center Member Guidelines**

### **Fitness Floor Guidelines:**

- 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.
- 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.
- 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.
- 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.

### **Swimming Pool Guidelines:**

- Reservations for aqua group fitness only are required. Reservations at: [www.ourclublogin.com/510529](http://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 Guidelines:**

- Reservations for group fitness are required. Reservations at: [www.ourclublogin.com/510529](http://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.

***I confirm I have read and understood the content, requirements and expectations of Emory Decatur Wellness Center. By signing, I agree to abide by these guidelines.***

Member signature: \_\_\_\_\_ Date: \_\_\_\_\_