



CODE OF CONDUCT AGREEMENT

General Information for all MEMBERS and GUESTS OF WELLNESS CENTER (WC) AND FITNESS CENTER @ NAVICENT LOFTS (FC)

- All paperwork, forms and membership/guest documents must be kept up to date; this includes an active and current contact number (preferably mobile) and email address; a current photo, emergency contact and member's health history is also required. If any of these items are not available, signed acknowledgement is needed.
- All dues are to be paid in a timely manner each month; those with outstanding balances may be terminated or placed on an inactive status. A \$4 charge is added to those payments not on auto draft or paid in full.
- QUESTIONS? WellnessServiceMacon@AtriumHealth.org 478-477-2300 OR 478-633-8510
- Please honor our staff by leaving the facility at or before closing time. Thank you!

MEMBERS OF FITNESS CENTER @ NAVICENT LOFTS

- No guests or children under 18
- Email WellnessServiceMacon@AtriumHealth.org with any questions or comments.
- **There is no parking lot at the Fitness Center @ Navicent Lofts.** Your assigned parking is best, but if you do not have a space you may park on surface street parking or the yellow deck. If you park in the yellow deck, it must be on E – the top deck. There is a parking fee in the yellow deck after 1 hour.

GUESTS (Wellness Center only – NO guests at Fitness Center at Navicent Lofts)

- Any guest must be registered with a driver's license at the front desk reception.
- A guest waiver must be signed.
- Local guests receive 2 FREE visits per year; day guest fee \$15; Fitness Pass: 5 visits for \$55 (not transferable, no expiration).

Proper Use of Equipment

- Use equipment as intended. Mis-using equipment can result in injury and/or damage to the equipment; follow directions and instructions. An **Assessment and Beginner's Circuit** is available for all members at no charge.
- **These facilities are no drop zones: Do not drop weights.**

Replace anything used back to its proper place

- Re-rack weights and return all other equipment and accessories to their designated locations.
- No gym bags on Fitness Floor – items must be stowed in lockers or along walls with no tripping hazard.
- No food on fitness floor, pool area, mini fitness floor behind front desk, education hall or foyer.
- Clean equipment after use **with disinfectant wipes.**
- Return used fitness center towels to respective bins.

Cell Phone Usage / Music / Profanity / Loud Conversations / Photos

- Out of respect for other members please **take/make phone calls in the lobby or outside of the gym**; this includes loud talking or conversations.
- Profanity is not tolerated in words or attire.
- If you prefer to listen to your own music, utilize ear buds or the like.
- Photos/videos are prohibited inside the facilities without expressed consent from management and signed waiver if others might be in the frames in the background. **No photos/videos in locker rooms.**

Share Equipment

- **Do not sit on machines between sets; allow others to work in.** Consider waiting by utilizing another machine. Supersets are ideal if you want to fit a great workout into your fitness center visit. Compared to traditional sets, which require you to complete one set then take ample rest; supersets cut down on the total time of your workout. Basically, alternate between exercises for different muscle groups. Talk to a trainer for more info.
- Ask if you may "work in" and always allow others the same courtesy.
- 30-minutes max on all cardio equipment when others are waiting; if more training is needed, switch to another piece of equipment temporarily.
- Be nice and share!

Personal Training

- If you are interested in our Personal Training please inquire at the front desk OR call, 478-633-8513.
- **No member or guest may train with another member/guest for compensation or otherwise.** All training in the fitness centers must be by one of the Wellness Center AHN certified trainers. If you are unsure if someone is an AHN certified trainer, please see the front desk or management.



Lockers

- We provide day use lockers while using the facility. Please remove your belongings upon leaving the facility. Center is not responsible for any theft of or damage to your property. Secure your items!
- WELLNESS CENTER ONLY: There are permanent lockers for rent inside and outside of the locker rooms. Ask the front desk for more information.

Pool

- The pool is under strict guidelines for chemicals to keep the water safe for all. Please take a shower before entering the pool to remove oils, soaps, perfumes, lotions, etc.
- Lap Swimmers: Pool Lane reservations are required for lanes 1, 2, 3 and 4 (Lane 5 is a walking lane – no reservations required.) Multiple people are welcome. **Pool closes 30 minutes before fitness center closing time.**
 - **Use member portal to make reservations AND to cancel reservations.**
 - **One reservation per day; additional same day reservations will be cancelled.**
 - **Verify lane reservation prior to entering the pool.**
 - Walkers: Lane 5 is open with no reservations; this is a multi-person use lane; walkers only, unless the lane is empty.
 - **Please cancel your lane if you will not be able to make it; this allows others to make reservations.**
 - **Ability to make reservations may be suspended for constant no-show reservations.**
 - Put pool equipment up after use.
 - No profanity allowed; if an altercation arises, address with the Wellness Center staff.
 - We request that you use only up to two towels per person per day.
 - No children under 16 allowed in pool, except for swim lessons with our swim instructor.
 - Dry off before entering the lobby and other areas of the fitness center.
 - Text sent day before for reminder of time/lane.
 - Lanes 1,2,3 are 1-hour lanes; Lane 4 is a 30-minute lane; Only 1 reservation for day.

Dress Code

- All members and guests must wear conservative clothing and footwear including gym shorts that fully cover the backside. **No midriff – bearing clothing or extremely loose tank tops.** Appropriate coverage is required for all members and guests. All gym attire should be without questionable and/or offensive language. This includes no profanity. Except in appropriate classes such as yoga, or the pool area, no flip flop type shoes or sandals allowed for working out at the centers. Swimsuits are appropriate wear only in the pool area, no swim wear in areas other than the pool area. Gentleman, no speedo type suits in pool or tight pants in other parts of the fitness center. Biking shorts are OK for biking classes. All the above and any other item not addressed here are at the discretion of management.
- All members and guests will sign a dress code waiver. See dress code flyers in lobby area.
- No profanity!
- Wear appropriate swim attire or appropriate swim material when entering the pool. Swim shoes should NOT be worn outside of the pool area. Dry off and change out of wet clothes before heading to other areas of the gym.
- Hygiene
 - Clean workout attire is required
 - All members and guests must adhere to good personal hygiene.
 - No perfumes and scents allowed in facility, please add any scent product when outside of the building,

Consequences for breach of this Code of Conduct at The Wellness Center and/or Fitness Center at Navicent Lofts:

- Individuals not adhering to these policies may be asked to leave the facility. Management reserves the right to terminate a person's membership and/or agreements.
- Information listed here is subject to update and change.

I am a:

- ___ Wellness Center Member
- ___ Atrium Health Navicent Employee Member
- ___ Employee Plus 1 Member (spouse of employee)
- ___ Fitness Center @Navicent Lofts member – (Atrium Navicent Partner and Downtown Community)
- ___ Loft Tenant
- ___ Supplemental Insurance Member with Medicare (SilverSneakers, Renew Active - Wellness Center only)
- ___ (other) _____

I agree to all items in this Code of Conduct.

- NAME _____
- SIGNATURE _____
- Contact Phone Number _____
- Email Address _____ DATE: _____