

## **Atrium Health Navicent Fitness Centers FAQ sheet**

- **Where is the Wellness Center and Fitness Center?**
  - Wellness Center - 3797 Northside Drive, Macon GA 31210
  - Fitness Center – 781 Spring Street (2<sup>nd</sup> floor, on the other side of the hall from Employee Health)
    - All fitness center members are required to enter from the 2<sup>nd</sup> floor off the yellow parking deck
- **Is there a place for all fitness center info?**
  - Yes, [www.navicenthealth.org/wellnesscenter](http://www.navicenthealth.org/wellnesscenter)
- **How do I sign up for a membership?**
  - There are several ways to access forms for membership:
    - Visit the Wellness Center or the Fitness Center. (drop box on the outside of Fitness Center @ Navicent Lofts for dropping off membership forms.)
    - Visit [www.navicenthealth.org/wellnesscenter](http://www.navicenthealth.org/wellnesscenter)
      - Employees: click the TEAMMATE tab
      - or on the homepage and find all forms needed
        - (Membership Agreement, Code of Conduct, Smart Start Waiver, and Health History)
- **What do I do with the completed paperwork?**
  - Bring your paperwork to The Wellness Center, Fitness Center @ Navicent Lofts (drop box) OR scan and email to [EmployeeFitnessMacon@atriumhealth.org](mailto:EmployeeFitnessMacon@atriumhealth.org)
  - Any Non-Employees will need to visit the Wellness Center before accessing the Fitness Center @ Navicent Lofts for the 1<sup>st</sup> time to pick up access cards.
- **What is the price of Atrium Health Employee membership?**
  - Employees will be able to join Fitness Center @ Navicent Lofts and the Wellness Center for only \$21.68 a month/payroll deducted. The \$75 registration fee **is waived** for employees.
  - Eligible Spouses (Plus One memberships) are currently complimentary with the employee as primary membership, but all paperwork must be filled out. This is only available for spouses participating in Secure Health insurance.
- **Are there any other charges?**
  - A once-per-year enhancement fee of \$25 each year. This fee is used for updating the facilities & buying and updating equipment for all parts of the Fitness Center and The Wellness Center. All members pay this fee.
  - The registration fee (\$75) is waived for employees.
- **Is there a PHONE APP?**
  - YES – on your APP store – search “Wellness Center Atrium Health”
- **Is there a family discount?**
  - At the Wellness Center and the Fitness Center, employee members are allowed a Plus One; this is a free membership for the spouse who must be a secure health covered dependent (exclusions apply) of an employee member. Any Plus One member must still fill out all paperwork. No children under 18 allowed at the Fitness Center @ Navicent Lofts. No guests are allowed at Fitness Center @ Navicent Lofts.
- **How long will it take for my membership to be processed?**
  - If you process your application in person at the Wellness Center, you can usually have same day access. If you email OR put in drop box at the Fitness Center @ Navicent Lofts, it will be several days for processing and mailing membership scan card for access.
- **How will I receive my scan card?**
  - IF you choose the Fitness Center @ Navicent Lofts as your primary location, we will send your scan card **to the address listed on your contract.** IF you choose the Wellness Center as your primary location, you will pick it up on your 1<sup>st</sup> visit. Once you receive your scan card, you are ready to go! Any Non-Employee that needs access to the Fitness Center @ Navicent Lofts will need to pick up their scan card at the Wellness Center.

**The staff of The Wellness Center and Fitness Center@ Navicent Lofts  
thanks you for getting fit and healthy with us!**

- **How do I access the Fitness Center @ Navicent Lofts?**
  - Scan your membership card at the door to access, this will also register your visit at the Fitness Center. IMPORTANT: access the gym from the 2<sup>nd</sup> floor double doors nearest the yellow deck. Use your hospital badge or assigned badge to enter the 2<sup>nd</sup> floor of the building.
- **Can I use a Guest Pass or \$50 Fitness Pass at the Fitness Center @ Navicent Lofts?**
  - The FREE Guest Pass and \$50 Fitness Pass can **NOT BE USED** at the Fitness Center, only at The Wellness Center
- **What are the hours?**
  - Fitness Center @ Navicent Lofts is open 24/7.
  - The Wellness Center hours are M-Th: 4:45am-9pm; Fri: 4:45am-8pm; Sat: 7am-6pm; Sun: 10am-6pm.
- **Do I have to wear a mask?**
  - As of Nov 29, 2021, masks are encouraged but not required at both facilities.
- **Will there be designated parking?**
  - Employees can use the surface parking areas for no charge; otherwise, use your assigned designated employee parking deck. THERE IS NO PARKING IN THE LOFT PARKING AREAS, as these are for Loft Tenants only. TOP DECK (E) of yellow deck is allowed. Charges will incur after 1 hour. This deck is not owned or operated by the fitness center.
- **If there is no staff on duty, how do we access the facility for a tour?**
  - The Fitness Center is staffed only limited hours. See virtual tour on the website, homepage. Email, [EmployeeFitnessMacon@AtriumHealth.org](mailto:EmployeeFitnessMacon@AtriumHealth.org) for help.
- **What is the Guest policy? Will guests be allowed?**
  - As stated before, **no guests are allowed at Fitness Center @ Navicent Lofts**. Membership privileges may be revoked for bringing non-members. Guests are allowed at the Wellness Center only. See website for guest info.
- **Like the Wellness Center, will there be childcare, vending, racquetball, a pool, or a walking track at Fitness Center?**
  - No
- **Will I be able to rent a locker?**
  - Locker Rentals are available at the Wellness Center only
  - Day Lockers are available for use in the locker room at both facilities, but items must be removed after each visit.
- **Will there be Massage Therapy and Personal Training?**
  - Yes, call 633-8509 for an appointment for Massage Therapy
  - Yes, call 633-8513 for an appointment for Personal Training
- **Are there spin/cycle bikes?**
  - There are 6 spin bikes for personal use at Fitness Center @ Navicent Lofts
  - There are cycle/spin classes at Wellness Center – see group fitness schedule on website or mobile app
- **How do I schedule a Smart Start? This is an assessment and beginner circuit plan for all new members.**
  - Email, [EmployeeFitnessMacon@AtriumHealth.org](mailto:EmployeeFitnessMacon@AtriumHealth.org) to schedule or visit the Wellness Center in person.
- **What do I do if there is an emergency or health crisis?**
  - There are red emergency buttons throughout each facility.

## Amenities

- **Will there be a towel service?**
  - Hand towels and shower towels are available at both fitness centers.
  - Please drop used towels off in appropriate bins.
- **Will there be shower facilities?**
  - Yes, the shower facilities have lockers, towels, body wash, shampoo, conditioner, and hair dryers.
- **Will there be group fitness classes?**
  - No live classes at the Fitness Center @ Navicent Lofts, but virtual classes are offered through our Fitness on Demand service. Look for the IPAD in the group fitness room to access over 600 classes to start anytime you want. Just press and go!
  - Over 50+ live group fitness classes at The Wellness Center, see [www.navicenthealth.org/wellnesscenter](http://www.navicenthealth.org/wellnesscenter) (Group Fitness) for all info
- For comments or suggestions, email [EmployeeFitnessMacon@Atriumhealth.org](mailto:EmployeeFitnessMacon@Atriumhealth.org) or [WellnessCenterMacon@AtriumHealth.org](mailto:WellnessCenterMacon@AtriumHealth.org)

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