

Atrium Health Navicent Fitness Centers FAQ sheet

- Where is the Wellness Center and Employee Fitness?
 - Wellness Center - 3797 Northside Drive, Macon GA 31210
 - Employee Fitness – 781 Spring Street (2nd floor, on the other side of the hall from Employee Health)
 - All fitness center members are required to enter from the 2nd floor off the yellow parking deck
- Is there a place for all fitness center info?
 - Yes, www.navicenthealth.org/wellnesscenter
- How do I sign up for a membership?
 - There are several ways to access forms for membership:
 - The 1st is by visiting the Wellness Center or Employee Fitness. (drop box on the outside of Employee Fitness for dropping off membership forms.)
 - The 2nd is to visit www.navicenthealth.org/wellnesscenter
 - Employees: click the TEAMMATE tab
 - or on the homepage and find **the 5 forms needed** to print and fill out on the home page. (Agreement, Code of Conduct, Smart Start Waiver, Health History and Infectious Disease Waiver)
- What do I do with the completed paperwork?
 - Bring your paperwork to The Wellness Center, Employee Fitness (drop box) OR scan and email to EmployeeFitnessMacon@atriumhealth.org
 - Downtown Fitness Members will need to visit the Wellness Center before accessing Employee Fitness for the 1st time
- What is the price for Employee membership? (This price does not include the Downtown Fitness rate for physician partners. Email EmployeeFitnessMacon@AtriumHealth.org for more info).
 - Employees will be able to join Employee Fitness 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 Employee Fitness and The Wellness Center. All memberships 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 Employee Fitness, 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 Employee Fitness. No guests, even non member family, are allowed at Employee Fitness.
- How long will it take for my membership to be processed?
 - If you process in person at the Wellness Center, you can have same day access. If you email OR put in drop box at Employee Fitness, it will be several days for processing and mailing scan card.
- How will I receive my scan card?
 - IF you choose Employee Fitness 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 1st visit. Once you receive your scan card, you are ready to go! Downtown Fitness memberships will need to pick up at the Wellness Center.
- How do I access the Employee Fitness Center?

- Scan your membership card to access the fitness center door, this will also register your visit at Employee Fitness. IMPORTANT: access the gym from the 2nd floor double doors nearest the yellow deck. The Loft lobby doors are locked for tenant use only. Use your hospital badge or proxy badge to enter the 2nd floor of the building.
- Can I use a Guest Pass or \$50 Fitness Pass at Employee Fitness?
 - The FREE Guest Pass and \$50 Fitness Pass can **NOT BE USED** at Employee Fitness, only at The Wellness Center
- What are the hours?
 - Employee Fitness 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 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?
 - Employee Fitness is staffed only limited hours. See virtual tour on the website, homepage. Email, EmployeeFitnessMacon@AtriumHealth.org for help.
- What is the Guest policy? Will guests be allowed?
 - No guests are allowed at Employee Fitness. 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 Employee Fitness?
 - 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 – Wellness Center only
 - Yes, call 633-8513 for an appointment for Personal Training
- Are there spin/cycle bikes?
 - There are 6 spin bikes for personal use at Employee Fitness
 - There are cycle/spin classes at Wellness Center – see group fitness schedule on website or mobile app
- How do I schedule an assessment/orientation? (one on one meeting for all new members)
 - Email, EmployeeFitnessMacon@AtriumHealth.org to schedule
- What do I do if there is an emergency or health crisis?
 - There are red emergency buttons throughout the facility. When pressed these automatically contact hospital police directly.

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 Employee Fitness, but virtual classes are offered through our Fitness on Demand service. Look for the IPAD in the group fitness room to access over 300 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 (Group Fitness) for all info
- For comments or suggestions, email EmployeeFitnessMacon@Atriumhealth.org

Updated: DEC 2021

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