

For your safety and as a courtesy to all of our members, the staff of Wellness Center, Navicent Health and Employee Fitness asks that all members adhere to the following **Code of Conduct.**

- **ALL MEMBERS OF WELLNESS CENTER AND EMPLOYEE FITNESS:**

- Proper Use of Equipment
 - Use equipment as intended. Misusing equipment can result in injury and/or damage to the equipment; follow directions and instructions
 - Do not drop weights
- Keep Gym Tidy
 - Please rerack weights and return all other equipment and accessories to their designated locations
 - No gym bags on Fitness Floor
 - No food on Fitness Floor
 - Sanitize equipment after use
 - Return used towels to respective bins
- Cell Phone Usage
 - Out of respect for other members please take/make phone calls in the lobby
- Share Equipment
 - Do not sit on machines between sets; allow others to work in
 - Ask if you may “work in” and always allow others the same courtesy
 - 30 minutes max on all cardio equipment when others are waiting
- Personal Training
 - If you are interested in our Personal Training please leave a message, 478-633-8513.
 - No member may train with another member for compensation. If we determine that such training occurs, the trainer and/or trainee may lose their membership/privileges. If you are unsure if someone is a certified trainer, please see the front desk or manager.
- 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.
 - **WELLNESS CENTER ONLY:** There are permanent lockers for rent inside and outside of the locker rooms. Ask the front desk for more information.



- Dress Code
 - Wear appropriate clothing and footwear including gym shorts, T-shirts, jogging suits, and aerobic wear, all with appropriate coverage as determined by Center management. The Center discourages midriff-bearing clothing and extremely loose tank tops. Street clothing and jeans are not considered appropriate gym attire. No profanity. WELLNESS CENTER ONLY: Swimsuits are appropriate wear only in the pool area; no swim wear in areas other than the pool area. Wear appropriate swim attire or appropriate swim material when entering the pool. Swim shoes should NOT be worn outside of the pool area.
 - Hygiene
 - Clean workout attire is required
 - Members of the Wellness Center must adhere to good personal hygiene

- **MEMBERS OF EMPLOYEE FITNESS:**
 - No guests
 - No children
 - Must Scan in with SCAN CARD; if you don't have a scan card, email and we will mail you one.
 - Email EMPLOYEEFITNESS@NAVICENTHEALTH.ORG with any questions or comments.

- **Consequences for Breach of Code of Conduct:**
 - Individuals not adhering to these policies may be asked to leave the facility. Management reserves the right to terminate that person's membership and/or agreements.

I am a:

- _____ Wellness Center Member
- _____ Employee Fitness Member – Navicent Employee
- _____ Employee Plus 1 Member
- _____ Loft Tenant
- _____ SilverSneakers Member

- I AGREE TO ALL OF THE ABOVE TO INCLUDE FRONT AND BACK OF THIS PAPER,
- NAME _____
- SIGNATURE _____
- Contact Number _____
- Email Address _____