



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

- 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 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 at the Wellness Center the trainer and/or trainee may lose their membership.
- Lockers
 - We provide day use lockers while using the facility. Please remove your belongings upon leaving the facility. The Wellness Center is not responsible for any theft of or damage to your property. Locks may be purchased at the front desk.
- Dress Code
 - Wellness Center requires members to wear appropriate clothing and footwear including:
 - Appropriate athletic shoes
 - For your safety, no open toed shoes are allowed on the fitness floor
 - Shorts of appropriate length
 - Use fingertips as a general guideline
 - No see through or sheer clothing
 - Shirts are required by all members.
 - No midriff bearing clothing
 - Hygiene
 - Clean workout attire is required
 - Members of the Wellness Center must adhere to good personal hygiene
- Consequences for Breach:
 - 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.