



## HCM | Wellness Center

Welcome to HCM Wellness Center! We consider wellness to be a state of mind. It takes a great attitude to be fit. You have to break free from old, comfortable habits that define the status quo and step into a lifestyle that makes you feel better. It's rewarding to strengthen your heart, to lift more and go farther than you have before. It's a preferred way of life.

HCM Wellness Center asks that you help us preserve a safe and wholesome environment by following these important policies:

### ❖ MEMBERSHIP INFORMATION

- a) **HEALTH HISTORY** Hill Country Memorial Wellness Center requires an updated Health Questionnaire on a yearly basis. It is important that we have up-to-date health and emergency contact information.
- b) **EMAIL** Please provide HCM Wellness Center with an active email address for each member. HCM Wellness Center will use the email for communication. We will not use this for any form of advertisement.
- c) **CHECK-IN** Always check-in at the kiosk with your member number for the appropriate activity(s). Remember, you must check in each activity. Your check-ins will determine HCM Wellness Center hours of operation.
- d) **ANNUAL MEMBERSHIP DUES** Your annual membership dues entitle you to use the facility at a discounted monthly rate for twelve months.
- e) **DUES** Monthly dues are required prior to the 5<sup>th</sup> of each month. If your check-in is in the red please see front desk for more information before your work out.
- f) **BANK DRAFT** Discount will be void if bank draft is canceled before the end of the agreed upon twelve month period. Client will be responsible to pay difference of the discounted fee and the regular monthly rate for each of the months the discount was used. Payment is required at the time the agreement is cancelled. A written notice will be required PRIOR to the beginning of the month you want to discontinue the deduction.
- g) **FREEZE ON NON-BANK DRAFT ACCOUNT**
  1. A written notice will be required PRIOR to the beginning of the month you want to freeze. Members account will not be billed for frozen months.
  2. Members may put a one calendar month freeze on their account for up to three consecutive calendar months.
  3. The annual dues will not extend past renewal date.
- h) **FACILITY HOURS** From time to time, the facility may partially or fully close and be unavailable for use for reasons including, but not limited to, renovation, repair, special events or holidays. HCM Wellness Center will make every effort to minimize disruption to members during these periods.
- i) **PARKING** Park in designated spots in the main parking lot or the side parking lot on the corner of Ruben and Windcrest Street.
- j) **MUSIC**
  1. All group exercise classes will have loud music during the activity in designated rooms. Please be aware of class times if you desire a more quiet time. We recommend the time of 11am-3pm for optimal quite time.
  2. Appropriate music will be played throughout the day in designated rooms.
  3. Personal music devices are permitted if used with headphones and played at a volume that does not disturb others.
- k) **VIDEO / PHOTOGRAPHY** Hill Country Memorial Wellness Center prohibits photography, videotaping, filming or audio recording in its facilities without prior written permission from member, staff and/or organization.

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❖ MEMBERS CODE OF CONDUCT

- a) **MEMBER DRESS CODE** This dress code is enforced to create a welcoming and inclusive environment, to prevent disease transmission and to prolong the quality and life of the equipment. Appropriate athletic attire is required to promote a clean and safe environment. While utilizing fitness facilities and programs within the Wellness Center, users should follow these guidelines:
1. Athletic shoes or sneakers are required at all times while using equipment.
  2. Shirts or tank tops must be worn at all times.
  3. Shirts should be free of any offensive language or symbols.
  4. Shorts must be long enough to cover the buttocks and groin area while exercising.
  5. The Wellness Center reserves the right to restrict the use of any apparel deemed inappropriate.
- b) **LOST ARTICLES** The HCM Wellness Center assumes no responsibility for lost or stolen articles. Lost and found articles not claimed will be donated to charity.
- c) **GYM ETIQUETTE**
1. If you're sick, stay home!
  2. If equipment appears to be in use, ask if you may "work in" to that machine. Always allow others the same courtesy. After use, return the seat and weight to the last user's set up.
  3. Refrain from yelling, using profanity, banging weights, rude or offensive behavior.
  4. Please use the lobby to talk on your cell phone.
  5. Do not sit on machines between sets.
  6. Re-rack weights and return all other equipment and accessories to their proper locations after use.
  7. Wipe down all equipment after use with gym wipes.
  8. Children and Youth under the age of 14 not participating in a group exercise program must be accompanied and supervised by an adult 18 years and older or placed in Childcare for \$5 per child/visit when applicable.
  9. Before beginning your workout, limit the use of fragrances.
- d) **POSEIDON** The fitness pool has an underwater alarm system to aid Wellness Center staff. Any object greater than six inches or an immobile person still for 10 seconds will trigger the alarm. Please keep moving
- e) **POOL RULES** You will need to shower off before you enter the pool to help maintain the quality of the pool. If there is a class on the schedule one lane will be available for use.
1. No running
  2. No diving
  3. No glass
  4. No horseplay
  5. No food or open container beverages
  6. No flotation devices in place of a life jacket
  7. Waterproof diapers must be used when needed.
  - 8.
  9. Pools are closed when thunder or lightning is present
  10. An adult (18 years or older) must be in the pool with any child under the age of 14
  11. No competitive underwater breath-holding.  
**No exception**

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## ❖ STATE HEALTH EMERGENCY PROTOCOLS

a) SCREENING:

1. If you are sick, stay home!
2. In accordance with State, Federal, and CDC guidelines, all members are subject to health screenings to include temperature checks and health questionnaires, should the need arise.

b) PERSONAL RESPONSIBILITY:

1. You must provide you own gloves to enter the facility. Gloves must fully cover wrist to fingertips while exercising.
2. You must provide your own mask to enter the facility. Members are required to wear a face mask while traveling throughout the facility. Masks may be lowered while working out in a stationary position.
3. You will be required to check in and out at the front entrance.
4. Please wipe down all equipment after use with disinfectant gym wipes made available by HCM Wellness Center, paying extra attention to high touch areas such as handles, pins, knobs, seats, leg rests, back rests, arm rests, and consoles.
5. Follow current distancing guidelines.
6. Abide by posted Room Occupancy limits, as well as instruction posted on equipment throughout the Wellness Center.
7. Please follow the instructions of HCM Wellness Team for your safety and the safety of others.

**I acknowledge that I will abide by this Membership agreement and the HCM Wellness Center Member’s Code of Conduct. I understand HCM Wellness Center reserves to right to ask those in violation of the Code of Conduct to leave the premise and/or have their gym membership revoked.**

\_\_\_\_\_  
Printed Name

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date