

GRINNELL REGIONAL
Wellness Services

Membership Manual



Thank you for choosing GRMC's Wellness Services to help you meet your fitness needs. GRMC's Paul W. Ahrens Fitness and Rehabilitation Center and Fly High Fitness Studio are staffed and equipped to suit the individual needs of virtually every member.

We offer:

- A highly personalized approach to health and wellness with individual fitness assessments, personal training, and wellness coaching.
- On-site wellness specialists and certified fitness instructors.
- Strength training, youth programs, and group exercise classes.
- A comfortable, safe, and supportive environment, especially for those with chronic health conditions.
- Unlimited use of the AquaMed hydrotherapy bed at Postels Community Health Park.

Both of our locations are staffed by experts who are always available to provide instruction in the correct use of all of our equipment.

We want you to feel welcome, comfortable, and safe with us. Please take some time to review the information in this membership manual. It will help you become comfortable with our facilities and services. If at any time you have a suggestion or comment, please feel free to approach the staff and instructors at PWA Fitness and Fly High. We are here to help you reach your goals.

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1. Our Facilities

Paul W. Ahrens Fitness and Rehabilitation Center

Located on the GRMC campus, the PWA Fitness Center is a medically based center designed to help people of all ages and levels of fitness achieve their health and wellness goals comfortably and safely. GRMC provides a program that cares for our clients and members throughout all stages of fitness. To ensure that our clients are setting goals and working out in ways that will improve health, our program is medically supervised. Along with our wellness staff and certified instructors, your physician and physical or occupational therapist are an integral part of your fitness team.

The PWA Fitness Center provides a complete selection of cardio equipment, free weights, and weight machines. **Equipment includes:**

- Treadmills
- Upright Bikes
- Recumbent Bikes
- Stair Climbers
- Swiss Balls
- Medicine Balls
- Weight and Strengthening Stations
- Whirlpool Spa
- Tread Climber
- Ellipticals
- Recumbent Climber/Stepper

We also offer a number of additional programs, including:

Personal Training: Each session is approximately one hour. When you sign up for personal training, a certified trainer at the Paul W. Ahrens Fitness and Rehabilitation Center will help you develop an exercise routine, join you for the fun, and cheer you on as you complete it. *Additional cost to monthly membership.*

Wellness Coaching: This 12-week program includes a weekly meeting with GRMC's wellness coach. The program's goal is to help each client develop a healthier lifestyle that they can maintain for a lifetime. The program features diet, aerobic, and strength training guidance. *Additional cost to monthly membership.*

Arthritis Aquatics Program: This low impact class offers range-of-motion exercises recommended for patients with knee or hip replacements, fibromyalgia, or arthritis. Water is set at 88 degrees. The 45-minute class is offered on Tuesdays and Thursdays. Participation does not require a fitness test. Limited availability due to the size of the therapy pool. *Price: \$35 per month*

Aerobics Aquatics Program: This higher-impact water exercise class features 30 minutes of cardio work and 30 minutes of strength training. The class emphasizes increased heart rates and using the water as resistance for strength training. The program is ideal for patients with joint problems or pregnancy. The 60-minute class is offered on Tuesdays and Thursdays. Participation requires a fitness test. Limited availability due to the size of the therapy pool. *Price: \$35 per month*

Fly High Fitness Studio

Located in downtown Grinnell at 808 Commercial St., Fly High Fitness Studio offers a diverse selection of fitness classes and on-site childcare. In fact, you won't find a better variety of instructors anywhere and all classes are included in the membership fee. Pick up a fitness class schedule at one of our facilities or view the schedule on our website at www.grmc.us.

The facility features:

- 16 Spinning bikes
- Special floor for aerobics and yoga
- Showers
- Free towel service
- Childcare area
- Adolescent and youth summer programming
- Senior focused exercise classes
- Prenatal and pregnancy fitness programs

Classes offered include:

Cardio Interval • A total body workout. A class built for burning calories, increasing strength and endurance, and improving cardiovascular fitness. This class features a variety of cardiovascular exercise (step, boot camp, interval, kickboxing, floor, and more). Strength training included.

Cardio Variety • We mix it up with power pump and step pump to give you a great cardio variety workout.

Core Fusion • A blend of Pilates, yoga, and traditional exercise, this total body workout builds strong abs and improves balance, flexibility, and all-over muscle tone.

Gentle Aerobics • Basic aerobic and resistance exercises set to slightly slower music creates the perfect environment for improving cardiovascular health and functional strength and flexibility for seniors, pre/post-natal moms, and people with arthritis and special joint considerations.

Gentle Yoga • A slow flowing yoga class that uses props and modifications to ensure a safe and comfortable practice for seniors, pre/post-natal moms, and people with special health considerations such as arthritis or high blood pressure. No previous yoga experience necessary.

Power Pump • Weights without the gym! Get visible results quickly with this total body workout set to energizing music using free weights to increase strength, burn fat, and improve overall health.

Spin and Tone • Enjoy 30 minutes of cycling combined with 15 minutes of core and upper body strengthening.

Spinning • An indoor cycling program that was designed to connect body and mind in an energizing session.

Step Pump • Your favorite step aerobic moves will be followed by 30 minutes of power pump. A total body workout!

Yoga • A flowing (Vinyasa) yoga class, designed to improve strength, flexibility, and balance through the coordination of breath and movement, while deepening body awareness and relieving stress.

Youth and Family Programming

We offer exercise choices outside the traditional sports option for youth from kindergarten to high school:

Family Gym Night • This family-focused exercise option is held from 6 to 8 p.m. on Mondays at our family gym at Postels Community Health Park. Youth-sized equipment is appropriate for elementary and middle school children. Sign up by calling 641-236-2999. *No extra charge with a family membership.*

Fun with Fitness • This after-school program is for children from kindergarten through 8th grade. The weekly program features child-sized equipment, kid-friendly nutrition, and fitness education, all under the supervision of an exercise specialist. Transportation from Grinnell schools is available. Call 641-236-2999 to sign up. *No extra charge with a family membership.*

Let's Play Yoga • Roar like a lion, swing your elephant trunk, and practice balancing like a flamingo. This special class designed for kids ages 3 to third grade will allow kids and their parents to experience the fun of yoga together. Share with your child the benefits of gentle yogic movement and breath work, which includes improved strength, stamina, flexibility, and body image. A great way to spend a winter afternoon with your child. *No extra charge with a family membership.*

Summer Fitness Camp • Every summer we offer various programs for youth in kindergarten to high school. The programs are age-appropriate. Registration class is based on the grade just completed. *No extra charge with a family membership.*

2. Benefits of Membership

Coverage

All members must be at least 12 years of age. Members between 12 and 15 must be accompanied by a parent or guardian when using regular programming available at PWA Fitness Center and Fly High. Youth ages 16 and older may use our facilities without a parent or guardian present. See “Youth and Family Programming” for other exercise options.

Membership allows use of the Paul W. Ahrens Fitness and Rehabilitation Center and Fly High Fitness Studio during open hours. Membership includes the use of the exercise equipment, scheduled classes, whirlpool spa, and locker rooms. It does not include the use of the therapy pool. Membership also includes unlimited use of the aquatherapy bed at Postels Community Health Park. Lockers may be used when using the PWA Fitness Center. We request that the locker be emptied when the member is not using the facility because the number of lockers is limited.

Reservations

Fitness equipment, classes, whirlpool spa, showers, and lockers are available only on a first-come, first-served basis and shall not be reserved by members.

Reservations are accepted for the following:

- Occasionally, certain equipment may be reserved for medical or consultation purposes.
- Appointments to reserve the AquaMed hydrotherapy bed at Postels may be made by calling 641-236-2953.

- Fly High has 16 Spinner bikes in the Spinning room. Since the class size is limited to 16 members, we encourage you to reserve a bike to guarantee you won't be turned away. A reservation sheet is posted for your convenience in the Spinning room. A new sign-up sheet is posted every Tuesday at 4 p.m. so that you may reserve your bike up to one week in advance. Please arrive on time for class to keep your bike reservation. If you're not in the saddle at the start of class time, your bike will be made available to others. Also, out of respect for other members, if you sign up, please make every effort to come to class.

Hours

Paul W. Ahrens Fitness and Rehabilitation Center Hours:

Weekdays

- 5:30 a.m. to 9 a.m.
- 11:45 a.m. to 9 p.m., Monday through Thursday
- Closed 1:30 to 2:30 p.m. on Wednesdays for staff meeting
- 11:45 a.m. to 7 p.m., Friday

Saturday

- 7 a.m. to noon

Sunday

- 7 a.m. to noon (November through March only)

Fly High Fitness Studio Hours:

Please see Fly High class schedule

10 a.m. to noon—Tuesday and Thursdays—for customer service needs only.

Weather Cancellations

Unscheduled facility closing or cancellation of programs will be announced on KGRN Radio—1410 AM and KRTI Radio—106.7 FM. You may also call the PWA Fitness Center at 641-236-2999 to check for cancellations at both our locations. We will record weather closings at least 40 minutes prior to class time on our answering machine.

Holiday Closings

GRMC Wellness Services facilities will be closed during all holidays recognized by GRMC: Memorial Day, Independence Day, Labor Day, Thanksgiving, Christmas, Easter, and New Year's Day. We frequently offer special holiday classes at Fly High based on instructor availability.

Other Benefits

Members of GRMC Wellness Services enjoy a 10 percent off of all fitness apparel and cycling shoes at Bikes to You in Grinnell. When shopping, just mention you are a member.

3. Fitness Assessment and Instructions

This required service, developed in consultation with physicians, provides members with feedback as to their physical health status. The assessment should be used as a way to establish a baseline (or “starting point”), not as an absolute indicator of physical health. It is strongly recommended that all members consult with their personal physicians before beginning any new exercise regimen. To protect your safety and to provide accurate exercise instruction, the following steps need to be completed before you can begin your exercise program.

All participants wishing to use PWA Fitness Center and Fly High Fitness Studio must fill out appropriate paperwork, including membership information, risk assessment, and a medical health history. Based on information received from you, consent from your doctor may be required before being fitness tested or exercising. In such a case, a standard consent letter will be mailed or faxed to your doctor and will be returned directly to the facility.

Upon completion and return of paperwork (and following physician consent, if required) the following testing will be performed. The testing will ensure that appropriate exercise is recommended for you. The testing is required upon membership and completed annually. There is a one time fitness testing charge of \$45, which may be waived upon certain circumstances being met. Please see a staff

member for more details. *Note: Additional assessments may be offered as part of incentive plans, promotions, or other medical center programs. If you wish, testing may be performed on a more frequent basis at an additional fee; please contact a staff person who can arrange an appointment for you.*

These tests are routine, but carry certain risks with them. For further information and clarification, please consult the Member Informed Consent Form. Remember, these tests do not guarantee results or diagnose disease. They simply give the wellness staff guidelines to develop your recommended individual program. Following completion of fitness testing, you will be scheduled to come back to either a group or individual orientation, at which time you will receive your fitness testing results, a recommended individual exercise prescription and orientation to the equipment.

Testing includes:

- Height, weight, girth measurements, and body composition.
- Resting heart rate and blood pressure.
- Submaximal treadmill test. Each participant will have his or her heart rate and blood pressure monitored at progressive intensities that will be expected with exercise and throughout a short cool down.

All testing takes approximately 30 minutes to complete.

Fitness Testing Instructions

For best results, please follow the instructions listed below when your fitness testing is scheduled:

- Wear loose, comfortable clothing.
- Wear comfortable walking shoes. Avoid heavy boots or shoes.
- Refrain from all caffeinated drinks and tobacco four hours prior to your test.
- Refrain from any physical exercise the day of your test.
- Eat a light snack if you have not eaten in the past four hours prior to your test.
- Take prescription medication as directed by your physician.
- Drink plenty of water and be fully rested before the day of your test.

If you cannot make the fitness testing appointment made for you, please call 641-236-2999 to reschedule. You may be charged for no call/no show appointments.

Important Confidentiality Note: All health records, including medical health history, fitness testing results, etc., are completely confidential and are accessible only to GRMC's wellness staff. If you wish, your exercise prescription will be made readily available to you upon check-in at the facility each time. At your written request, we will be happy to provide a copy of your fitness testing results or your exercise prescription to the physician of your choice.

Medical Conditions

Be sure to let our wellness staff and instructors know if you have any medical conditions or changes in medical conditions that we need to be aware of.

4. Dress Code

We want each of our members to feel safe and comfortable and welcome in our facility at all times. Some exercise apparel can be intimidating to those just beginning to exercise or those without the perfect body. Please use discretion in your fitness attire so that everyone feels welcome regardless of shape, size, or fitness level. As a guideline, we request members to select clothing that keeps the belly-area covered. We also ask members to avoid wearing thongs. Spandex, biking shorts, and sleeveless shirts are acceptable. We reserve the right to ask you to change your attire.

Please wear appropriate shoes (we recommend tennis shoes with good support) everywhere except in the locker room and spa area. A foot covering of some kind (shower slippers) is recommended in the locker room and pool/spa area to reduce slippage and help us provide good infection control.

Outside elements (snow, mud, dirt, sand, rain, etc.,) tear down our equipment very quickly. Please change from your outside shoes before using the equipment or the training areas. We reserve the right to refuse to allow you to exercise without a change of shoes.

Members of GRMC Wellness Services enjoy 10 percent off of all fitness apparel and cycling shoes at Bikes to You in Grinnell. When shopping, just mention that you are a member.

5. Food and Drink

No food of any kind is allowed in the fitness area, locker rooms, Fly High training rooms, or the whirlpool spa area. Food is allowed in the childcare area at Fly High. **Please note that Fly High is a nut-free zone. Please do not bring foods containing nuts, peanuts or nut butters into the studio. Please do not bring foods manufactured on the same lines as nuts. If in doubt, please don't bring it.** Other snacks and drinks are welcome in the childcare area. We request that children keep all food at the table and wash their hands when finished.

It is recommended that you continue to consume fluids during exercise. For that reason, a drinking fountain is available at the PWA Fitness Center and bottled water is available for purchase at Fly High. If you prefer, you may bring water or a sports drink into the fitness area. No alcoholic beverages of any kind are allowed in the GRMC facilities. All fluids must be in unbreakable plastic, with a lid of some kind. Sports bottles are ideal for use when exercising. If you bring a water bottle or sports drink into the facility, please remember to take it with you.

Because of their dehydrating nature, caffeinated drinks are not recommended during exercise. Carbonated beverages may make you uncomfortable when consumed while exercising. We recommend good, old-fashioned water!

6. Membership Options and Rates

We offer individual, couple, and family rates. Please ask a wellness staff member for a current rate card.

Commitment to an annual membership will reduce your overall charge. You'll save money each month in membership costs plus we will waive the fitness assessment fee and orientation fee. Best of all, by signing the annual membership contract, we'll let you choose between paying annually or quarterly. If you choose a month-to-month membership, we must require you to pay the fitness test and orientation fee.

Discounts

A 10 percent discount on membership is available for those over the age of 65 or people with a disability.

Methods of Payment

Payment can be arranged in several ways:

- Payroll deductions. Persons who regularly receive paychecks from GRMC may arrange to have fees for self and eligible family members deducted from their paychecks.
- Payment via invoice. We mail invoices quarterly.
- Payment in full upon clearance to use our facilities.
- Credit card.

Cancellations and Refunds

All requests for fee credit, freezing, or refund must be made in writing. Credits and refunds of membership dues will be allowed only under specific circumstances or as determined by the Wellness Services manager. Specific circumstances, subject to

verification, that permit refund / freezing / credit of membership dues include physician orders or recommendations, termination of employment, change of residence at least 30 miles from the facility, pregnancy, and family / medical leave in accordance with the Family and Medical Leave Act of 1993 (FMLA). Physician recommendations must be received at the onset of the inability to use the fitness center. Refunds will not be given for prior month(s) following receipt of physician recommendations.

Refunds and credits are not available due to insufficient use of the center or selection of other programs / activities. However, members may cancel membership at any time for any reason and not be charged for future payments. Cancellations of membership for any reason will result in forfeiture of any incentive benefits not yet received in association with membership, and may require manager approval for new or reinstated membership(s).

All requests for cancellation must be in writing—with 30-day notice given.

7. Checking In at the Facilities

Upon entering the facility, members must check in at the registration desk.

At PWA Fitness Center

You may use your registration scanner to check in. You may keep and reference your exercise prescription and other notes in a personal file that is accessible from wellness staff at any time. Locks for the lockers and towels may be checked out, at no charge, from the registration desk at the PWA Fitness Center. For safety and security, members must check in at the registration desk to use the whirlpool spa even if you have already checked into the facility.

At Fly High

You may sign in at the registration desk or use the number on the back of your scan card to check in on the computer. If using childcare, you must also register your child in the childcare area.

Purposes of checking in at our facilities:

- Verification of membership.
- Attendance information in the event of emergencies, etc.
- Relay of information.
- Utilization tracking.
- Security.

8. Attendance by Children

We offer exercise choices outside the traditional sports option for youth from kindergarten to high school. Please see “Youth and Family Programming” for details.

All members must be at least 12 years of age. Members between 12 and 15 must be accompanied by a parent or guardian when using regular programming available at PWA Fitness Center and Fly High. Youth ages 16 and older may use our facilities without a parent or guardian present.

Childcare

Childcare is available for a nominal fee for members using Fly High Fitness Studio. Because of state and federal regulations, a parent or guardian must remain at Fly High when a child is dropped off at the childcare area. Childcare is available during most group exercise classes except those offered at 5:45 a.m. You may pay individually for childcare or you may purchase a childcare punch card. Please see a wellness staff member for details. If your child is sick, please make other arrangements for childcare. We reserve the right to turn away a child showing signs of illness or infection.

At this time, childcare is not available at PWA Fitness Center.

9. Fitness and Facility Etiquette

To ensure everyone's comfort and enjoyment, please observe the following manners:

- Please refrain from using the facility if you have reason to believe that you are carrying a communicable disease, such as a cold or flu, and properly cover any abrasions or lesions on skin that may come in contact with equipment to help prevent the spread of infection.
- All members are expected to behave appropriately. GRMC will not tolerate offensive or violent behavior or harassment of any kind. GRMC staff will take corrective action to ensure the safety and peace of members.
- Grinnell Regional Medical Center is not liable for lost or stolen items, injury, or personal consequences associated with the use of our facilities. Members use at their own risk.
- All rules posted in the spa area will be strictly adhered to for safety. Although the whirlpool sounds inviting after a workout, there are some important considerations to keep in mind. Cool down completely following exercise. To prevent potentially adverse physical reactions, your blood pressure and heart rate should be at or near pre-exercise values before use of the whirlpool.
- You must shower without a swimsuit with soap prior to entering the whirlpool spa.
- Whenever there is a waiting list for equipment at PWA Fitness Center a 30-minute time limit will be strictly enforced. At that time, a staff member will ask you to stop your equipment and vacate it. Please do so promptly. You may certainly use any other equipment that is not in demand, and you may sign up on the waiting list if you wish to use it again.
- Please wipe off equipment when you vacate it, so that it will be clean and dry for other's use. Towels and gym wipes are available for your use.
- Please clean up after yourself in the locker rooms, putting towels in the appropriate receptacles, and closing locker doors.
- Please do not bring foods containing nuts, peanuts, or nut butters into the childcare area at Fly High Fitness Studio.

10. Appointment Policy

We have reserved time especially for your appointment and consider your time with us very important. We ask that you give us the same consideration. Therefore, when you cannot come to your appointment, we appreciate the opportunity to open your appointment time up for another client. Therefore, the following cancellation policy applies to all appointments made within the PWA Fitness and Rehabilitation Center and Fly High Fitness Studio.

Twenty-four hours notice must be given for any appointment cancellation. Every effort will be made to notify you of your upcoming appointment the evening prior to the appointment. However, cancellation at this point does not negate the 24-hour notification responsibility, as that time constraint has already passed.

Failure to give cancellation notice or show for the appointment will result in:

- 1st failure to give adequate notice: no penalty, but a reminder of the policy will be given to you when you schedule future appointments.
- 2nd failure to give adequate notice: you will be charged in full for the missed appointment; this charge must be paid before future appointments will be scheduled.
- 3rd failure to give adequate notice: you will be charged in full for the missed appointment and will be required to pre-pay any future appointments prior to scheduling.

