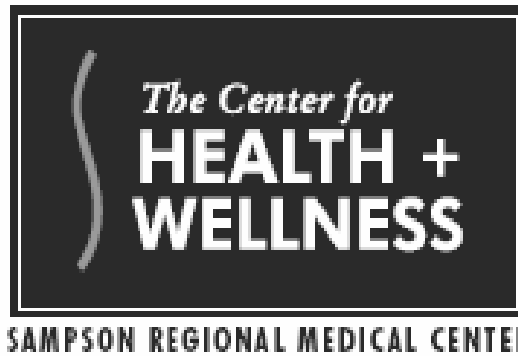


Membership Guidelines



Revised edition December 13, 2005

WELCOME!

Welcome to Sampson Regional Medical Center's Center for Health and Wellness, Sampson County's only comprehensive, medically based wellness facility.

Members are invited to enjoy the entire facility, including:

- Walking Track
- Exercise area (strength training, cardiovascular exercise equipment, and free weight areas)
- Swimming Pool
- Group Fitness classes in the aerobics room and the pools
- Racquetball court
- Volleyball/Basketball court
- Locker room and showers
- Steam rooms and whirlpool



Other services available for a fee, include:

- Clinical services, including physical therapy, massage therapy, occupational therapy, speech therapy and cardiac rehabilitation
- Personal Training
- Child Care Service (Play Center)
- Health promotion classes/seminars on topics such as weight control, smoking cessation, stress management, healthy cooking, and pre/post natal care



Membership:

To accommodate different needs, memberships available are:

- Individual—is for one adult, age 16 or older
- Couple—is for two adults living in the same household
- Additional Young Adult—is between the ages of 16 and 22 and living in the same household as the couple or individual with parent being primary member.
- Senior—is for an adult age 65 or above
- Senior Couple—is for two senior adults, living in the same household.
- Corporate rates are available to companies that enroll 10 members or more.

At the time of enrollment, members pay a Health Assessment Profile fee. This is a one-time charge that covers the initial fitness assessment, equipment orientation and a personalized exercise program. Membership fees are to be paid on a monthly basis or a member may choose to pay membership dues annually. If you choose to pay annually, your 13th month of membership will be free. Fees pay for standard fitness activities and general use of the facility.

Monthly membership fees must be paid by the 5th of the month by:

- Drafting from a checking account or credit card.
- Payroll Deduction: Available to SRMC employees and through participating companies. The specific company decides whether the dues can be deducted once a month, twice a month or weekly.

Service Charge: If we get charged for your returned check or draft payments, this charge will be passed on to you.

Change in address, phone #, or billing method: Please let us know if your address or phone number changes. It is very important that we have up-to-date address, phone number, and banking information. If you should have any changes in automatic draft payment, please complete a new draft authorization agreement available at the front desk.

Membership Freeze: A member may freeze their membership for one to three months per year. All request for membership freezes must be placed in writing by completing a 'freeze form', available at the front desk. A membership freeze must be for a minimum of 30 days. Freezes are based on a rolling month (example: June 23-July 23) rather than a calendar month. There is a nominal monthly fee in order to freeze a membership. In case of medical problems, you can request that your membership be placed on medical hold by submitting a doctor's note. The doctor's note must state the date you are eligible to return to The Center for Health & Wellness. There is no monthly charge for a medical freeze.

Membership Cancellation (member request): If you plan to cancel your membership, the request must be made in writing by the 10th of the month in order to be effective for the next month. If cancellation request is not made by the 10th, you will be responsible for the next month's dues. Please complete a 'termination form', available at the front desk.

Membership Termination: The Center for Health & Wellness reserves the right to terminate the membership of anyone who behaves in a way that detracts from the members' safety and enjoyment of our facility. Members or guests who intentionally damage or abuse property or equipment will be expelled without a refund of dues or fees.

Financial Assistance: A scholarship program is available for those individuals who qualify based on medical need and annual household income. If you feel that you may be eligible or if you would like further information on this program, please see the Business Manager.

Children: Children between from the age of newborn to twelve years of age may visit the Play Center while their parents exercise in the facility. Childrens' guidelines, available in the Play Center, must be read and understood before children are left in the Play Center. Children under the age of 16 may participate in specially planned group fitness classes/seminars, family swim time, swim team, family gym time, specified league play and other planned activites.

Guests: Every guest is required to complete a standard waiver form before exercising. We offer a day, week and month pass. Inquire at the front desk for more details.



Wet Areas: The wet areas consist of the large swimming pool, therapeutic warm water pool, whirlpool, and steam room. For your safety and comfort, we ask that you:

- Wear swimsuits
- Shower before entering either pool
- Do not use the wet area if you have an open wound or sore
- Do not bring glass containers into the wet area
- Refrain from drinking alcoholic beverages before entering the wet area
- If you are taking tranquilizers or other drugs that cause drowsiness, please do not enter cool or warm water pool, steam room or the whirlpool
- Please do not enter the steam room or whirlpool until you have given your body time to cool down from your workout.
- Please do not bring any outside sprays or aromatherapies into the steam room or whirlpool
- Please refrain from using the whirlpool and steam room if you are diabetic, pregnant, have high blood pressure, or any other significant medical problems.
- Do not bring food, drink, tobacco products or chewing gum into the wet area
- Do not shave in the whirlpool or steam room

The pools are for your enjoyment and your safety is our main priority. When thunder and lightning are present, the pools will be cleared for 30 minutes. The lifeguard is in complete authority and must be obeyed at all times. Pool equipment is for your use for intended purposes only and must be put away when finished.

The indoor pools have been built to accommodate individual and group exercise. During lap swim when sharing a lane, please swim down on the right and back on the left (circle swim). Programming in the pool will rotate between water aerobics, open swim, lap swim, swim team, and swim lessons. Please see posted schedule for usage times.

Children in Pool: Children are allowed in the pool for swim team, swim lessons, and other scheduled programs. Please see posted schedules for family/children usage times. Infants must wear swim diapers.

Therapy Pool: The therapy pool is primarily used for physical therapy patients. Group fitness classes held in the therapy pool are open to all members. Please see posted schedules for usage times.

Racquetball Court: The racquetball court is available to all members. Racquet, protective eyewear and balls are available for use at the front desk. Please make reservations for court time in person or by telephone. If demand for court time is simultaneous, priority will be given to the member making the reservation in person. Court guidelines are as follows:

- Only white soled athletic shoes or regulation racquetball shoes allowed on court.
- Protective eyewear must be worn while on the racquetball court.
- Please limit your playtime to one hour.



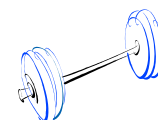
Gymnasium: In the gymnasium, there will be regularly scheduled programs of both structured and unstructured activities. There will be designated times for different activities such as open/free time, league play, tournaments, pick-up games and family time. The scheduled events take precedence over individual use. If a pick-up game evolves during free or open time, members must be added to the game as they come in to the gym. If they do not want to participate in the game, one basket needs to remain available for free/open time. Please observe these rules to make the gym safe and fun for everyone.

- Rules of sportsmanship must be followed. No foul language, horseplay, pushing, shoving, tripping, or other rude behavior.
- Shirt and athletic shoes must be worn at all times.
- Climbing or hanging from basketball goals or volleyball nets is not allowed.
- No chewing gum, food or drink items are allowed in the gym.
- Please return all equipment to its proper place before you leave the gym.



Strength Training and Cardiovascular Equipment area: Our staff is always available to assist you with your workout and any specific exercise or equipment. Please ask for assistance as needed and follow these guidelines:

- As a courtesy to others, please limit your time on the cardiovascular equipment to 30 minutes.
- Return all weights to their proper place when finished.
- Please allow others to “work in” with you on resistance equipment.
- A shirt and athletic shoes must be worn at all times.



Group Fitness classes: Schedules for daily group fitness classes are available outside the group fitness room and at the front desk. The classes range in intensity from low to high. Please read class descriptions (on the schedule) and choose according to your need and fitness level.

- As a safety precaution and courtesy to other participants please do **not** enter a class more than 10 minutes late.
- For your comfort, wear loose fitting clothes and rubber-soled shoes.

Locker Rooms: The locker rooms are available for your convenience. Please lock up your valuables, The Center for Health & Wellness is not responsible for lost or stolen articles. Half lockers are for day use only and full lockers are available for rent. Please keep area clean, respect others and the center's property. We provide daily towel service for members and guests. Bath towels are available at the pool areas and locker rooms. Please place used towels in the towel bins located in the locker rooms and pool area.

House Rules: To provide the best environment for all members, we ask that you adhere to a few rules that keep the facility safe, clean, and enjoyable for everyone.

- SRMC is a smoke-free campus, and smoking is not permitted at The Center for Health & Wellness.
- Food and beverages, other than water or sports drink in closed container, are not permitted in exercise areas.
- Except in the wet areas, athletic shoes are required on the exercise floor –no sandals or bare feet please. In wet areas, aquatic shoes are recommended.
- Wet swimsuits are not permitted outside the wet areas and locker rooms.
- The Center for Health & Wellness is not responsible for any lost items or stolen goods.
- With the exception of the play center, pool, or other designated area, children are not permitted in The Center for Health & Wellness.
- Personal training may only be offered and performed by trained staff of The Center for Health & Wellness.

For your Health and Safety:

- Clothing should be comfortable and allow for freedom of movement.
- Take breaks and drink plenty of water before, during and after your workout.
- Avoid eating a heavy meal less than two hours before a workout.
- Refrain from drinking alcoholic beverages before and during exercise sessions.
- Refrain from taking tranquilizers or other drugs that cause drowsiness before and during exercise sessions.

It is our hope that you will take advantage of all the services offered here at The Center for Health & Wellness, and will have an enjoyable experience each time you enter the facility. Our staff is here to assist you so please feel free to call upon us whenever needed. You, as a member of *The Center for Health & Wellness*, are our first priority!