
Membership guidelines for the Life Center®

Memberships

All members of Prisma Health's Life Center Health & Conditioning Club sign a month-to-month contract and have the option of a bank draft or a savings of 5% if payment is made in full. Prisma Health part- and full-time employees must payroll deduct their dues; PRN employees must bank draft their dues. Membership continues month to month until a termination notice is received.

All members joining the Life Center must complete a Health History form. The Life Center will have a qualified team member review this form and determine if further information or medical clearance is needed.

Members are expected to follow all policies, procedures and the Life Center Code of Conduct as signed at time of application for membership. Failure to comply may result in suspension or termination of membership.

Memberships can be placed on hold for up to 90 days or upgraded as needed. A 30-day written notice is needed to terminate membership.

Membership cards

Members receive a membership card at the time of enrollment. Members are asked to scan their card at the front desk when entering the club. There is a nominal fee for replacement cards.

Dress code

Athletic attire and closed-toe shoes are required in all areas of the facility (except the pool, yoga, stretch and Pilates classes as permitted by the instructor). Men must wear a shirt at all times (except when using the pool). Women must wear a top over sports bras. Management will address questionable workout attire. Please do not wear colognes or perfumes as many members have chemical sensitivities.

Guest policy

The Life Center welcomes guests!

There is a nominal guest fee per visit, and guests will be asked to complete a brief health questionnaire before exercising. Guest privileges do not include Kids Korner

child care services. However, guests may use Kids Korner for an additional fee per hour per child depending on availability (reservations requested).

Guests under age 18 must have written parental/guardian consent to use the Life Center. Guests under age 14 are not permitted on equipment; however, the pool, outdoor and indoor track are available with parental/guardian supervision. Members with grandchildren under age 14 may use the club as a guest at the children's guest rate.

All guests are required to follow all Life Center policies, procedures and the Code of Conduct.

Guidelines for children

An adult member is defined as someone 14 years or older. Children under age 14 must be under close, direct supervision of a parent/guardian at all times, except when in Kids Korner. Those ages 10–13 may exercise in the arena under close parental/guardian supervision after completing a health history and signing the Code of Conduct. Orientation with a conditioning specialist is strongly advised.

Workout etiquette

As a courtesy to others, members are requested to limit their time on the cardiovascular equipment to 30 minutes if others are waiting. Members are encouraged to share strength equipment between sets and to return all weights to their proper place after use. Dropping or slamming of weight equipment is prohibited. Cellphone use is discouraged in the arena and during classes except for emergencies. Additional etiquette guidelines are posted throughout the facility.

Equipment

The Life Center requires members to use equipment for its intended purpose. If members are unsure how to use a piece of equipment, conditioning specialists are available to assist them. New members are eligible for a free exercise consult with a personal trainer (by appointment).

Members should wipe down equipment after use. Disinfectants and hand sanitizers are available.

Group fitness classes

Group fitness classes are free with Life Center membership unless otherwise indicated on the Group Fitness Calendar. For the safety of all members and guests, children under age 14 must receive pre-approval from the group fitness supervisor before participating in a group fitness class.

Swimming pool

Members should rinse before entering the pool and refrain from using soap/shampoo at the pool shower. Three lap lanes always are available for continuous swimming. Up to four people can swim in each lap lane. Please wait until the swimmer stops to rest before asking to share the lane. If the open swim area is not congested, lap swimming can occur in the fourth and fifth unmarked lanes adjacent to the established lanes. Children are not permitted to play in lap lanes, which are reserved for swimming only.

Open swim and non-swim lessons are not permitted during water fitness classes. Please refer to the Group Fitness Class Schedule for class times.

The open swim area may be used during swimming lessons and other times. Private swim lessons may be conducted by an instructor during water fitness classes from the flagpoles to the walls so as not to conflict with water fitness participants. Swim instructors may be in the beginner lap lane (closest to the front desk) instructing a Level III or higher child or adult while members are swimming laps.

No food or beverage (other than water) is allowed on the pool deck. Anyone in the water must be appropriately clothed.

Locker room

The Life Center provides lockers on a daily basis to members. All members and guests must provide their own lock. Locks left on will be cut off each evening and locker contents removed. Sauna use is limited to those 14 years or older unless accompanied and supervised by a parent/guardian.

Children up to age 3 may be in the locker room when supervised by the parent/guardian of either sex. Those 3 years and older must be in the locker room of the same sex and directly supervised by a parent/guardian. Family restrooms are located near the pool, in Kids Korner, the lobby and conditioning area.

Kids Korner

Kids Korner, our child care service, accepts children age 8 weeks to 9 years old. Each child has a two-hour limit, and the service is free for members. Only parents or legal guardians are eligible to use Kids Korner as part of membership.

Reservations are requested and should be made the day of use. Guests may use Kids Korner for a nominal fee per hour per child depending on availability (reservations requested).

Lost and found

All lost and found articles are turned in at the front desk. Items are labeled, dated and stored for two weeks before being donated to Goodwill. The Life Center is not responsible for lost or stolen items.

Holidays/Closings

The Life Center is closed on New Year's Day, Easter, Thanksgiving Day and Christmas Day. Management reserves the right to modify hours and closings on other holidays or because of inclement weather.

Comments and suggestions

Comments and suggestions are important to us. Please place comments or concerns in the suggestion boxes located throughout the facility or address them to club management. Member comments will allow us to maintain the highest level of service.

The Life Center follows all Prisma Health policies as outlined in Prisma Health's *Manual of Policy Directives*.

Additional services and amenities

- Arthritis aquatics classes
- Complimentary coffee and towel service
- Corporate memberships
- Cycling classes
- Dry sauna
- Group fitness classes
- Health education classes
- Massage therapy
- Metabolism testing
- Monthly club newsletter
- Outdoor exercise pavilion
- Personal training
- Pilates mat class
- Pilates personal training (chair, reformer, group)
- Pool parties
- Speaking engagements/Presentations
- Strong Kids (ages 10-13)
- Swim lessons (children and adults, group and individual)
- Temporary memberships
- Walking/Jogging tracks (indoor and outdoor)
- Water fitness classes
- Wireless network "701Guest"
- Yoga

Please inquire at the Front Desk for more details:
Call **864-455-4231** or visit us at ghs.org/lifecenter.