



MEMBERSHIP HANDBOOK



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General Information

Thank you and welcome to your first step to a better fitness experience. HealthFit - Powered by Sarasota Memorial is a medically integrated fitness facility open to the community and guests, as well as Sarasota Memorial Hospital team members. Before beginning any new exercise program, please consult your physician. We also recommend a complimentary comprehensive health risk assessment with one of our degreed and certified fitness professionals and a general equipment orientation. When necessary, management reserves the right to suspend or terminate any membership or request a member or guest to leave the facility.

Medical Fitness Association – What Medically Integrated Means

Medically integrated health and fitness centers are defining the future of professionally administered programs and services to an aging population, and are improving outcomes for clients/patients with chronic diseases and multiple risk factors. These centers have proven they can provide a continuum of care, fulfill the mission of their sponsoring institution, and be financially viable in a variety of communities. The pioneers in the medical fitness industry believe the future of hospitals and other wellness/fitness organizations is in improving the health status of the communities they serve.

Preventing disease is the key to the future.

The Medical Fitness Association is a non-profit organization whose mission is to foster opportunities for the development and operational success of medically integrated fitness centers. The Medical Fitness Association provides industry standards, educational programs, benchmarks, outcome measurements, and professional development for the medical fitness industry. HealthFit became a Medical Fitness Association certified facility to continue to provide the standard of care deserved by members and clients seeking optimum health.



Hours of Operation

Monday – Thursday 5am – 9pm

Friday - 5am – 8pm

Saturday and Sunday, 7am – 5pm

Holiday Hours: Hours will be communicated by the Front Desk and will vary per holiday.

HealthFit closes promptly at the hour stated.

Please plan to complete your workout and locker room use by this time. Management reserves the

right to temporarily close certain areas of the

facility for announced special events or holidays.

Holiday hours and schedule changes will be posted in advance.

Membership Types

HealthFit offers four types of memberships:

PremiumFit: This membership commits the member to one (1) year from the beginning of their initial membership date. The membership will automatically renew to a month-to-month membership at the end of the year if not renewed. A 30-day notice from the first day of any given month is required for cancellation. Cancellation prior to the end of their term would incur an early termination fee.

FlexFit: This membership allows the member to place their membership on hold for a nominal fee, up to 6 months out of a calendar year. The member can cancel their membership with a 30-day notice from the first day of any given month.

Fit4U: This plan allows the member to use the facility between the hours of 3pm – 10pm weekdays, all day weekends and holidays. The member can place the membership on hold for \$5 per month...up to 6 months out of a calendar year. The member can cancel their membership with a 30-day notice from the first day of any given month.

HeroFit: This membership allows members to receive a reduced rate for being a veteran, first responder, or county employee. This rate is good for the primary and sub member on the same account.

Payment Methods

HealthFit accepts cash, check or major credit cards for all services and/or product purchases. In addition, Sarasota Memorial Hospital employees may use payroll deduction as a form of payment for their monthly dues. Membership dues will be billed monthly via Electronic Funds Transfer (EFT) from a major credit card or debit card.

Medical Freeze

Placing a membership account on “medical freeze” is different than placing the account on “leave of absence.” To place your membership account on medical freeze requires that you obtain a written notice from your physician stating your inability to use the facility. The written notice must provide the date from which you were unable to use the facility and must be submitted to the front desk in a timely manner. Notices can be faxed from the physician’s office to the facility at (941) 917-5279. The membership account will be placed on medical freeze with a minimum one-month leave up to 3 months after receiving the notice. A return date must be included in the notice, which on that date, your membership account will continue to be billed automatically from the Electronic Funds Transfer debit card or credit card account established at the initial sign-up process. If the return date provided changes to a later date, you will be required to obtain another notice from your physician indicating the duration of the extended medical freeze.

Leave of Absence (LOA)

Placing a membership account on “Leave of Absence” allows the member to pay a reduced membership due during the time they are not using the facility. This option is only provided to members with the Month-to-Month membership plan. A qualifying member may request to have his/her account placed on LOA at any time with written notice by completing a Membership Information Change form. These forms are available at the front desk. The minimum time for a LOA is one month, with a maximum of 6 months. If you have multiple members on one account, please specify which members will be taking LOA.

Cancellation

In order to cancel a membership account, a 30-day written notice must be provided by completing a Cancellation of Membership Request Form. These are available at the front desk. The membership account will be cancelled on the first of the month after the 30-day notice of the next billing cycle. A \$199 early termination fee will incur upon cancelling an annual membership prior to the membership expiration date. Month-to-Month memberships will require the written notification 30-days prior to the requested month of cancellation. If a membership account is changed to a status of cancelled, new paperwork and full payment of the initial fee is required.

Reactivation

In order to reactivate a membership account, the member must complete the Membership Information Change Form. These forms are available at the front desk. A medical freeze and LOA do not require reactivation as long as you do not change the indicated return date. Your account will be automatically billed on the return date stated on the medical freeze or LOA form. If a cancelled membership account would like to be renewed, new paperwork and full payment of the initial fee is required.

Declined EFT

Should any membership deduction not be honored by the financial institution for any reason, members will be contacted for the monthly dues and processed a \$25 service fee. In circumstances where HealthFit makes several attempts to receive payment(s), the membership account will be placed on hold until payment is rendered at the front desk, and a collection agency may be contacted. Membership dues will continue to accrue until the member changes the status of the membership.

Age Requirements

Members 13-17 years of age must have a parent's signature on their membership agreement prior to starting an exercise program. Children under the age of 13 are not permitted to engage in or observe any wellness center activity in designated exercise areas, with the exception of programs designated for children. Children under 13 may be placed in our on-site childcare. HealthFit reserves the right to require proof of age.

Member Check-In

All members are required to have a membership card and are required to check in for each visit. All members must have their photograph taken for security purposes. HealthFit reserves the right to prohibit access to anyone without a membership card.

Guests

1. Members are invited to bring a guest with a \$10 day guest pass. Non-Member Guests may purchase a day guest pass for \$15.
2. A week-long guest pass may be purchased for \$50. A month-long guest pass may be purchased for \$150.
3. New guests must sign a Liability Form prior to using the facility.

On-site Childcare

Childcare is provided at a nominal fee for all members and guests. Children must be at least nine months to 12 years of age. The parent/guardian must be physically in the fitness facility at all times while his/her child is in the childcare room. Open communication is available at all times between the childcare staff, fitness center member, and HealthFit employees.

Please follow these rules:

- Food is not permitted, however, there may be exceptions on a case by case occurrence.
- The same parent who brought the child to childcare must pick him/her up.
- We reserve the right to ask you to remove your child from childcare for excessive behavior problems.
- Sick children are not permitted in the facility (includes everything from runny noses and coughs to fever and rashes).
- Limited to two hours per child per visit.

Childcare Hours:

Monday – Friday: 9am – 1pm; 4pm – 7:30pm

Saturday: 9am – 11:30am

Sunday: Closed

Prices:

\$5 per child per visit

\$20 Unlimited per month up to 2 children

Locker Rooms

HealthFit locker rooms are fully equipped. We provide towels at the front desk for showering, complimentary day-use lockers, monthly locker rentals, private showers with hair and body soap dispensers, vanity areas complete with blow dryers, and a lounge area. Steam rooms are also located across the shower area in both locker rooms. Footwear is recommended throughout the locker room area and traveling into the pool area. Policies of the locker room use can be found in the Member Etiquette section of this handbook. Stealing and intentional mishandling of items and fixtures in the locker room is a felony and will result in immediate termination of membership and contact of law enforcement.

Aquatics

HealthFit has three (3) different aquatic areas. We also employ a Certified Pool Operator (CPO) who regularly checks the quality and function of our aquatic area. We clean our pools weekly and check the chemistry of the water twice a day. Please shower before entering our aquatics area to maintain our water chemistry levels. Individuals with open wounds are not allowed to enter our pools or spa. In the event that there is an emergency, red emergency buttons are located on the south wall by the office door and women's locker room door.

Lap Pool: This 25-yard pool has five divided lanes and the depths go from 3' 6" on both ends gradually to 5' in the center. The water is kept at 84°F.

Warm Therapy Pool: The warm therapy pool is kept at 94°F to help with blood flow and joint movement. This body of water starts with a depth of 3'6" on the south end and gradually deepens to 4'8".

Spa: The hot tub has a water temperature of 104°F. There is a timer on the east side of the pool to activity the jets. In the event of an emergency in the spa, there is an emergency shut off switch to shut off the jets on the south wall next to the men's locker room door.

Exercise Program Instruction

We encourage all new members to schedule a Health Risk Assessment prior to using the facility. A Personal Trainer will design an exercise program to help you meet your desired fitness goals, as well as instruct you on proper equipment use. The staff will also serve as an information source, answering your questions about the fitness equipment. Please have your Health Risk Assessment paperwork completed and come ready to exercise so that you may receive the full benefits of this session.

Health Risk Assessments, Reviews, and Equipment Orientations

Upon joining, members are entitled to a complimentary health risk assessment and equipment orientation. See the front desk to sign up for your appointment. In your Health Risk Assessment, a certified Personal Trainer will meet with you one-on-one to review your health condition, past health history, and exercise goals to identify areas of focus when creating a fitness plan. The staff will then use this information to create exercise recommendations specifically to your health condition and individual goals. During your Equipment Orientation, the staff will explain the use of the cardio and strength machines. Highlighting safety measure and proper operation of machines on our fitness floor. They may also show exercises that should be done based on the information outlined during the Health Risk Assessment.

Throughout the duration of your membership, you may set up a monthly complimentary half hour review session with a Personal Trainer to offer you coaching and guidance so that you may receive the optimum results from your wellness routine. This is only a conversation and not a personal training session. Therefore, specific workout plans will not be provided. If you require specific guidance or workout programming, please schedule a personal training session.

Medical Clearance

At the time of your Health Risk Assessment, the qualified staff member will indicate if it's necessary to receive medical clearance from your physician or specialist before beginning an exercise program. Any member with known cardiac, renal, or metabolic disease should check with their physician before beginning any exercise program. A medical clearance form is given to the member to be completed by the appropriate medical professional and asked to be returned to the facility before the equipment orientation. The member does have the right to waive the need of a medical clearance and will be required to sign off that they assume all liability when exercising.

Group Exercise Classes

Membership includes access to all group exercise classes excluding Pilates Reformer, Gyrotonic, Gyrokinesis, and some medically integrated programs such as Bone Builders and InBalance. Please see the front desk for the group exercise schedule for a list of classes. Registration for all classes is required and can be done online or using our HealthFitSMH mobile app. For the safety of the participants, HealthFit reserves the right to limit class size and request that you do not enter a class more than 5 minutes after the scheduled start time. Waitlisted members will be notified via email and mobile app when members are moved into the registered list. HealthFit ask that you be courteous and remove yourself from the class roster if you know you can no longer take the class so other members can participate. In the event that multiple no shows occur, a late cancellation fee of \$15 will be charged to the member. Guests may participate in all group exercise classes upon sign-up and paying a \$15 guest fee (\$10 for guests of members). Fit4U members may take a class outside of their membership hours by paying a \$5 drop-in fee.

Paid classes must be registered and paid for at the front desk. Packages are available for members to receive a discounted price for each session. For Pilates Reformer classes, a Pilates consultation must be done prior to registering for a class.

Clinical Programs including InBalance, Bone Builders, Fitness Forward, and Cardiac Phase III Healthy Hearts must register for the program and a discounted membership is provided for those enrolled in the program. An evaluation must be scheduled and completed before entering the program. If the member terminates or graduates from a clinical program, a regular membership must be purchased to continue using the facility. Cardiac Phase III Healthy Hearts is an exception.

Group Exercise Studios

Group exercise studios and equipment, excluding the Pilates Studio, are available for member use during non-class hours. All equipment used must be returned properly in their locations. Equipment are prohibited from leaving the studio unless for an exercise class on the basketball court, in which case, the equipment must be returned to the proper place after use by the member. Use of the sound system within the cabinet is prohibited. Please turn off fans and close the door upon leaving the studio.

One-on-One Services

We provide one-on-one personal training, Pilates, and Gyrotonic® for an additional fee. Receive individualized, one-on-one attention and individualized programming to your specific needs, including weight loss, post-rehabilitation training, cardiovascular fitness, general conditioning, resistance training and sport-specific training/conditioning. Please see the front desk for additional information.

Free Weights

If you are using free weights for the first time, please ask an Exercise Specialist for help. We would advise scheduling your Health Risk Assessment so that you are properly shown how to use specific equipment that will meet your needs. We also ask that you:

- Be cautious when in the free weight area and pay attention to other members. Do not swing, throw or drop weights.
- Ask a fitness staff member to spot you when using heavy weights.

Equipment Maintenance

From time to time, cardiovascular and/or strength training equipment may be out-of-service. When this occurs, please ask an Exercise Specialist to recommend alternate exercises. We appreciate your patience.

Massage Therapy

Massage Therapy Services are available on site for an additional fee. The Massage Suite on the second level proudly offers licensed, certified massage therapists specializing in all areas of massage. Massage appointments are 50 minutes long. A credit card is required to schedule a massage appointment. No-shows or less than 24-hour cancellations will be charged the full amount for the massage scheduled. Please see the front desk to schedule an appointment.

Member Etiquette

Proper Attire: Gym shorts, T-shirts, tank tops, leotards, tights, warm-up suits and/or sports bras are acceptable. Rubber-soled tennis or athletic shoes are required at all times. Sandals and open-toed shoes are not allowed. Hospital scrubs are not permitted to be worn while exercising.

Food and Drink: Only water and non-alcoholic drinks in spill-proof containers are permitted in the exercise areas and group exercise rooms.

Conduct: All members are subject to the supervision and guidance of the Wellness Center team. Members who violate the conduct policy will be asked to leave immediately. Management reserves the right to suspend any member who intentionally violates these policies and/or becomes violent or abusive toward members, facility staff or equipment.

We ask that members:

- Behave in a quiet, well-mannered fashion.
No foul language is allowed.
- Relay any criticism of guests, other members or staff to the management in private.
- Refrain from smoking. Sarasota Memorial Health Care System is a smoke-free area and smoking is prohibited on property.
- Not be under the influence of alcohol or drugs when using the facility.
- Guns are not permitted in the facility.

Solicitation: Sales solicitation is prohibited in the facility. All promotional flyers must be approved by management before being posted or distributed.

Lost Items: HealthFit is not responsible for any lost or stolen items belonging to members or their guests. Valuables should be stored in lockers. Lost items will be held for 30 days.

Parking and Safety: Parking is available in the parking lot with more parking behind the building and in the shell lot across the street. Staff members are asked to park in the grass field to allow members and guests to park in the main lot. Please note that during the weekends, the back doors of the facility are locked and all members and guests should use the main entrance.

To ensure the safety of our members and guests, we ask everyone to not keep anything valuable in your car in plain sight.

Locker and Towel Service: For your convenience, locker rooms have showers, lockers, vanity areas, hair dryers and private changing areas. Baby-changing stations are available in the family changing room. Lockers are for daily use only. Any contents left in lockers overnight will be removed and placed in Lost and Found. Free towel service is provided. Towels are at the front desk. Please place used towels in the bins located throughout the facility. HealthFit reserves the right to enter into any lockers at any time within our discretion.

Strength Training and Cardiovascular Areas:

Only HealthFit staff can prescribe exercise programs. Before using any unfamiliar equipment, ask a fitness specialist for proper instruction. Before using the treadmill, always straddle the treadmill belt first; decrease the speed and turn the power off before leaving the treadmill. Please wipe off machines after each use. Please observe posted time limits on cardiovascular machines during peak hours and when others are waiting. When performing multiple sets on strength-training equipment, please allow other members to use the equipment between turns. Spotters should be used when lifting any heavy load over your body. Bring headphones for the Cardio Theater. Personal audio players with headsets should also be used.

Phone Usage: Courtesy phone are located at the volunteer desk. The phone stations within the fitness facility are for staff use only. Cell phones are allowed to be used in the fitness facility. We ask that if you do carry a cell phone, please keep it on vibrate mode. When speaking with someone on the phone, please keep voice volume down and allow other people to use the equipment during your phone call.

Perfumes and Colognes: We have many members, guests, and patients with varying levels of health sensitivities. We ask our members to refrain from wearing perfumes and colognes while in exercise areas.

We Need Your Help

By following these rules of etiquette, you will help create a peaceful, comfortable environment, helping all members get the most out of their fitness sessions. We welcome your suggestions and appreciate your comments. Please share your ideas, comments, or feedback by completing a comment card located at the front desk.

Helpful Telephone Numbers

Main Number: (941) 917-7000

Fax: (941) 917-5279

Manager: (941) 917-6863

Membership Associate Supervisor: (941) 917-4623

Fitness Center Supervisor: (941) 917-2362

Billing Coordinator: (941) 917-7807