

YORK GENERAL WELLNESS CENTER

WELLNESS CENTER HOURS

Mon - Thurs 5:00AM-9:00PM; Friday 5:00AM-6:00PM; Saturday 7:00AM-4:00PM; Sunday 10:00AM-3:00PM

The front doors of the Medical Office Building will be unlocked every morning accordingly with the time the Wellness Center opens.

PROGRAM INFORMATION

Jump Start – Meet with a trainer and learn the machines that will work best for you. \$35.00

Monthly membership fees:

Orientation: \$10.00

Single: \$34.00

Senior (55+): \$30.00

Couple: \$59.00

Senior Couple: \$53.00

Family: \$69.00

Corporate: \$28.00

High School Student: \$30.00

Membership fees are due the 30th of each month (28/29 February) for the following month

All members will be given a key tag. This tag will serve as your way of signing in and our way of keeping track of member usage; so please remember to bring it with you when coming to exercise. If you lose your key tag there will be a \$5.00 replacement fee.

Guest fee - \$6.00/visit. Consents and waivers must be signed before exercising

Exercise & stretch classes M-W-F @ 1:30-2:00 PM and T-TH 11:00-11:30AM

Aerobics classes are also included in membership. Various aerobics, cycling, strength training and toning classes are offered. Non-members may purchase punch cards. Monthly class schedules are available at the front desk.

Body Composition Profile – Free to members

Personal training and tanning are also available at an added expense.

The Wellness Center is reserved for 60 Minutes to Better Health, which is a monitored class, T-W-Th afternoons from 2:30PM-3:30PM. They have priority over the machines. However, you can still workout in the Wellness Center during these times; we just ask that you be cooperative with us in regard to the equipment. Thank you!

Wellness members are encouraged to participate in educational classes offered without charge. These classes cover a variety of “wellness” concepts. Watch for any announcements on when these classes may be offered.

COURTESY TO OTHER PARTICIPANTS

Please be courteous to other participants in using equipment properly. If the Center is busy, please limit your time/use of one piece of equipment. If necessary, please wipe perspiration off of equipment with a towel when you are finished. No cleated shoes or sandals on the treadmills. Make sure shoes are free of dirt and mud. Cell phones are allowed in the facility, but we discourage their use while working out on

the equipment for your safety. Please be courteous of the other members if you need to take a call while in the center. Thank you!

PERSONAL TRAINING PRICES

150 minutes (5 half hour sessions): \$102.00

300 minutes (10 half hour sessions): \$164.00

600 minutes (20 half hour sessions): \$300.00

TANNING PRICES

100 minutes: \$40.00

200 minutes: \$65.00

300 minutes: \$78.00

One Single Session: \$6.50

LOCKER RENTAL

Small Locker: \$24.00 (6 months)

\$48.00 (12 months)

Large Locker: \$48.00 (6 months)

\$96.00 (12 months)

*If interested in a locker, ask at the front desk to be put on a wait list

LOCKER ROOMS

The locker rooms contain lockers, showers, and bathrooms if you wish to use them. Lockers may be rented. Valuables should not be left in the locker rooms unless locked in lockers. The Wellness Center is not liable for lost or stolen items. Individual small or large lockers are available for rental at an additional fee. If you wish to rent one, a six or twelve month payment option is required. Check with receptionist for availability and payment of locker rental.

SAUNAS

Sauna use is available for members. Please be sure to follow guidelines as posted in sauna room.

TOWELS/CLOTHING/TRASH

Towels are provided; you can get them at the front desk. Please return towels to the laundry bag when leaving. Proper exercise clothing is encouraged, especially good supportive shoes. No smoking, food or drink allowed in the exercise area; only water is allowed.

CHILDREN

Children under the age of 14 are not allowed on the equipment. Please do not let children play on the equipment for their safety and others.

IN CASE OF FIRE

Please stop exercise and close all doors to the exercise area. Remain in the exercise area and listen for further instructions. If it becomes necessary to evacuate, you will be directed to the nearest and safest exit. As with any emergency situation, use common sense and do evacuate if you see fire or smoke. There are two fire exits: one on the South side and one to the North of the Wellness Center.

IN CASE OF TORNADO

Please stop exercise and follow the tornado plan posted by the sink. If there is allotted time, please make your way to the basement of the Medical Office Building; if there is not enough time to get to the basement, seek shelter in the East corridor away from all windows; a staff member will remain there with you. You are responsible for following this plan; do not wait for Wellness staff to direct you.

IN CASE OF INJURY

Notify staff or dial "0" for the operator or "4000" for the nurses' station and identify the problem and your location, so they know you are in the exercise area.

EXERCISE SAFETY TIPS

These safety precautions below apply to your exercise session(s) at the Wellness Center as well as at home.

1. Always start exercise with a warm-up and finish with a cool-down period.
2. Avoid hurrying thru exercise. It is better to exercise longer at a lower intensity than to exercise at a high intensity for short periods of time. One should be able to carry on a conversation during exercise, if not, you are exercising too hard!
3. Read body signs for over exercise.
4. Avoid aggravating exercises. If you have any chronic injury, such as low backache, avoid any exercise that may cause discomfort.
5. Do not exercise when ill.
6. Do not take a hot shower immediately afterwards.
7. Try to wait 1-2 hours after meals to exercise.
8. Good supportive shoes are important.
9. You do not have to be an athlete. Any amount or type of exercise is better than none at all.
10. Do not expect too much too soon. It may take four to six weeks before you'll notice improvements.

SIGNS AND SYMPTOMS OF OVEREXERCISE

1. Lightheadedness
2. Dizziness
3. Nausea
4. Extreme, shortness of breath
5. Elevated heart rate beyond target heart rate
6. Muscle cramps
7. Side stitch/ache
8. Chest pain

If you experience any of these symptoms during exercise, slow down. You may be pushing yourself too hard. If symptoms persist, STOP and rest. If resting does not alleviate the discomfort, please inform a staff member or CALL YOUR PHYSICIAN.