



Seniors Pursuing Active Living[®] **Wellness Center Guidelines**

- **Wellness Center Guidelines**
- Access is granted to Members only upon completion of the following
 - Fitness Assessment and Physician Clearance (renewed annually)
 - Completion of orientation and equipment check off
- Sign-up with approved confirmation is required for all classes
- The Wellness Staff reserves the right to request further evaluation by a physician and or follow-up with a Physical Therapist if deemed necessary for continued Safety.
- Towels remain in the Fitness Center/Aquatic Area
- No food or glass containers (plastic water bottles allowed)
- Fitness Center / Aquatic Area hours are posted on doors
- No open toes shoes
- Appropriate attire should be worn for exercise/pool area
- Equipment must be wiped down after use with disinfectant
- During peak times, limit use to 30 minutes on cardio machines

- **Group Fitness**
- Group exercise classes must be signed up for within 1 hour of class time
- Notify Wellness Staff if you are unable to make a class
- Classes are closed after 5 minutes from start
- Wipe down mats after use
- Re-Rack all props and equipment after class
- Instructor cues and direction should be followed during class
- Do not leave class until conclusion by instructor
- Mind and body classes do allow for a no shoe option
- Only classes certified by the Arthritis Foundation will have a specific roster for each class

- **Aquatic Area**
- Free Swim excludes times for Aquatic Classes
- Buddy System is required
- Shower before entering the pool
- Aquatic shoes required for attendance to aquatic classes
- No running, boisterous or rough play
- Members may not enter the pool area under the influence of alcohol or drugs
- Do not enter pool area with skin, eye, ear, respiratory infections, open lesions, or wounds
- No spitting or blowing nose in pool
- No animals or pets allowed in the pool
- Maximum number of swimmers in the pool is 20
- First Aid Kit and Emergency phone are located near the pool entrance