



# Welcome to the Wellness Center



2010 Logan Wallace Photography

Rehabilitation and Wellness Pavilion

## Hours of Operation

- Monday Thru Friday  
**7:00AM-7:00PM**
- Saturday Thru Sunday  
**8:00AM-4:00PM**
- Holiday Hours  
**See Front Desk**

**P: 910-566-1200**

**F: 910-319-2101**

[www.thedaviscommunity.org](http://www.thedaviscommunity.org)

## INFORMATION FOR OUR NEW MEMBERS

Congratulations on your decision to join us here at The Davis Community Wellness Center! We are excited to have you as part of our family and look forward to helping you reach your goals.

To help you get started, we put together some information that we feel all new members benefit from knowing so that we can insure your success.

Welcome!

Blake Shepard BS

Wellness Coordinator

*"It is never too late  
to set a new goal or  
dream a new  
dream."*

## FREQUENTLY ASKED QUESTIONS

### What should I do during my first visit?

Stop by the front desk and ask for a welcome packet. Fill the forms within the packet. Once you fill this out, return it to the front desk and ask to schedule your initial fitness assessment and get signed up as a member.

### Is there a contract?

Yes. We require all members to be on a 12 month commitment. You are able to pay all up front or monthly.

### How do I get an orientation on the equipment?

Once your fitness assessment is completed, we will schedule you for a second appointment in which we utilize the assessment data to develop a personalized program for you. During this time we will teach you about the necessary equipment.

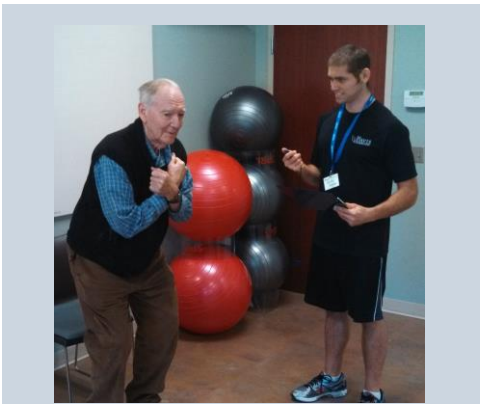
### May I bring a friend?

Of course! We welcome all guests aged 18 and up to our facility. There is a fee of \$10 per day, \$45 weekly, or \$85 monthly for guests.



*Wellness  
Center*





## Frequently Asked Questions Continued

### Can I freeze my membership?

We can accommodate membership freezes for time away exceeding 3 months or with signed physician consent. Membership freezes must be requested in advance for a minimum of 30 days and a maximum of 60 days prior.

### How am I billed?

Members have the option to pay their year in full or in **monthly installments on autodraft**. The amount of your membership will be drafted on the date of the month you signed up.

### Where can I find the latest class schedules?

We post our class schedules on most of the doors in the facility. We also have extra copies for you to take at the front desk. You can also find an updated version on our website:

[www.thedaviscommunity.org](http://www.thedaviscommunity.org).



## COMPLIMENTARY SERVICES

- Fitness Assessment
- Personalized Exercise Program
- Equipment Orientation
- Group Exercise Classes
- Aquatic Exercise Classes
- Member Referral Program
- Monthly Wellness Seminars

## FEE-BASED SERVICES

- Personal Training
- Small Group personal Training
- Yoga
- Physical Therapy (ask about insurance)
- Occupational Therapy
- Speech Therapy



## Physical Therapy

*Do you have pain, an injury, or are recovering from surgery?*

*Ask about our outpatient physical therapy services.*

*Physician order required.*

## Fitness Assessment

*Evaluation of your fitness goals and sets a baseline*

*This is vital as it gives us the needed information to develop a personalized program*

*This is where we get to learn all about you!*

## Personal Training

*Certified and Degreed Personal Trainers work with you on an individual basis to reach your goals.*

*Appointments will be scheduled on a weekly basis and paid for on a weekly basis.*

*Fee based*

## Independent Program

*With the info gathered from your fitness assessment, we can recommend specific group exercise classes.*

*We can also develop a custom exercise program which includes 1 FREE session with a Personal Trainer to instruct you on the program and the equipment involved.*

## Group Exercise

*Several levels of classes to choose from on land and in the water!*

*Most classes included in your monthly membership*

*Some classes are fee based*

## Re-Assessment

*Find out how well you are doing!*

*Make adjustments where needed and continue to improve!*

# STEPS TO SUCCESS

