



Fitness Forum Sports & Wellness at LifePlex is a member of the Medical Fitness Association (MFA). The MFA website medicalfitness.org offers this statement regarding medical fitness:

Medically integrated health and wellness 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.

Other Offerings:

- **Parties-** Fitness Forum Sports & Wellness is excited to assist you with your next party. We have a variety of packages to choose from including: birthday parties (groups of all ages), high school after proms, rock climbing wall parties, and swim parties, corporate picnics, & over night rentals.
- **Conferences** – For those annual business meetings, and monthly events we can take the hassle out of the planning with our meeting room options. You can include a fitness, or sports, “break” in your planning.
- **Fee Based Services:**
CPR Certification * Martial Arts * Personal Training *
Selected Health and Wellness Education * Swim Lessons *
Move Into Wellness * RockSteady Boxing

Gift Certificates:

Fitness Forum Sports & Wellness offers “gifts of health” available for purchase at the Welcome Desk for a variety of items such as the, personal training, swim lessons, and memberships.



Visit Mimi's Café located in the main concourse.

Member Handbook



Standard Hours of Operation:

Monday thru Friday: 5 a.m. to 8 p.m.

Saturday: 7 a.m. to 3 p.m.

(Subject to change)

Summer hours: Friday 5 a.m. to 6 p.m., Saturday 7 a.m. to 2 p.m.

Pool Hours:

Monday-Thursday: 6 a.m. to 7:45 p.m.

Friday: 6 a.m. to 5:45 p.m.

Saturday: 7 a.m. to 1:45 p.m.

FFAD Hours:

Monday-Friday: 8 p.m. to 1 a.m.

Saturday: 3 p.m. to 1 a.m.

Summer hours: Friday 6 p.m. to 1 a.m., Saturday 2 p.m. to 1 p.m.

Sunday: CLOSED

This handbook is created to highlight the opportunities and services for you, as a member, of Fitness Forum Sports & Wellness. Policies are outlined for your information.

www.fitnessforum.biz

Mission

The mission of Fitness Forum Sports & Wellness is to assist others in reaching their God given potential, especially through physical fitness and health as it relates to and sets in balance with mental and spiritual fitness.

Belief Statement

Fitness Forum Sports & Wellness was founded upon a God given vision to provide holistic health care to the people of the Plymouth and surrounding areas. It is our belief:

- That God is sovereign and has created us in His Image to honor Him through stewardship of our body, soul, and mind;
- And that everyone has the right to strive for their greatest potential of physical, spiritual and mental fitness regardless of their present state;
- And that wellness is a state on the continuum of health, superior to being free of sickness, but rather living with intensity and purpose adopting behaviors that promote health, and eliminating behaviors that are self- destructive.

Core Values

Commitment
Education
Service
Respect
Communication

Guest Policies

- Members are encouraged to bring in guests.
- All guests must sign a Welcome Sheet at the welcome desk.
- Guests may purchase a day pass for:
\$5 for 6 weeks to 6 years of age
\$8 for ages 7-13
\$13 for ages 14 & up (Unlimited 24 hour pass)
- Weekly passes are available for \$45 for adults and \$32 for children 13 and under years of age.
- Guests under the age of 18 must have their parents consent to use the facility.
- Class pass for group exercise classes is \$9.00
- Guests coming to visit a member must wait at the welcome desk and will not be allowed to enter the fitness area. The welcome desk staff will locate the member and ask them to come to the desk.

Youth Policies

- All children 13 years old and younger must be supervised by an adult at all times.
- **Youth Programming** – See *youth handbook for extended policies*.
- **Play House for Infant & Preschool** – A Play House membership for 6 weeks to 6 years of age includes the pool, track, and gym use with a parent. Parents must remain in the facility while their child is in care at Fitness Forum.
- **Rock Climbing Wall** – See Rock Wall policies for more information.
- **Aquatics** – Two pools: a lap pool and a warm water therapy pool.
- **Kidz Klub** – For youth 7 – 13 years of age. Parents must remain in the facility while their child is in care at Fitness Forum.
- **Birthday parties** – Plan your next party at Fitness Forum.
- **Martial Arts** – Small group instruction

Membership Policies

- Please respect the facility, equipment, and others and abide by the policies.
- Anyone under the age of 18 must have their parents consent to become a member.
- All members must check in at the Welcome Desk using keypad.
- Electronic Fund Transfer (EFT) is our primary dues payment plan. This will be set up to be automatically withdrawn from a checking or savings account or charged to your credit card. Another option is to pay by the year, which saves you a month's payment. Paying monthly by statement will incur a \$5.00 service fee, which will be charged to your account monthly.
- Monthly payments: are due by the FIRST of the month. Failure to pay your dues could restrict your use of the facility and a \$10.00 late fee will be applied to your account.
- If you want to terminate your membership, a termination form MUST be completed. A 30 day notice is required before the termination will go into effect. No refunds or credits will be given. Annual memberships must be completed before termination.
- If you need to freeze your membership for any reason, a freeze fee of \$25 per month will be required and a form must be completed with a 30 day notice. You may freeze your account for up to 3 months, which will allow you to return to membership the next month without an enrollment fee. Corporate accounts may not be frozen.
- All members 14 and above must complete a Health Risk Appraisal at the welcome desk prior to using the facility.
- Corporate Members must provide proof of employment.
- Family memberships exceeding 8 people will be charged \$23/month per person. Proof of address may be required.
- Children 13 and under must be with a parent or in Kids Klub, Play House, or in an organized program with a Fitness Forum staff.
- Shirts and shoes must be worn at all times unless in pool or locker room area.
- NO climbing on railings/NO running throughout the hallway.
- NO entrance into staff offices unless by appointments.
- NO gum or tobacco allowed throughout the facility.
- Safety is a primary concern for our members and guests. Please let our staff know if something is not working appropriately. Thank you!

Vision

- I. To continue to **FOLLOW** God's unfolding vision.
- II. To provide **WELLNESS** opportunities to members and people of this community to enable them to reach an optimum level of physical, mental, and spiritual wellness.
- III. To **EDUCATE** children and adults regarding the benefits of a healthy positive lifestyle.
- IV. To provide **PHYSICAL FITNESS** opportunities which enable members and people of this community to reach and maintain healthful and satisfying levels of strength, flexibility, weight control, nutritional balance, and cardiovascular fitness, in relation to their athletic, cosmetic, or physical wellness objectives.
- V. To provide **PROFESSIONALLY SUPERVISED** programs that are physiologically safe and effective, enjoyable and motivating.
- VI. To work in conjunction and **HARMONY** with other diagnostic, wellness, and rehabilitation efforts of community health care.
- VII. To **RESPECT** the dignity of the staff and all who enter our facility by providing equal service, an encouraging atmosphere and respect for family and spiritual priorities.
- VIII. To be responsible for improving our personal and corporate knowledge bank by providing **SCHOLARSHIP** for staff in the form of continuing education and tuition, and to high school students for higher education in the fields of fitness, healthcare and wellness, and provide intern and observation opportunities for students.
- IX. To encourage **RESEARCH** within and beyond to better our knowledge and service.
 - X. To develop **RECREATIONAL OPPORTUNITIES** to encourage physical fitness, develop specific skills, promote emotional and social health, and unity of family and friends.
- XI. To **CARRY THE MISSION** into the community beyond the confines of the facility into schools, industry, government, service and social clubs, community activities and other developing opportunities

Programs and Services

(Included with membership)

Fitness Assessments – We want to ensure you are starting off on the right foot. Each member is encouraged to complete a health risk appraisal. Then meet with one of our trainers to gather baseline information to monitor fitness progress.

Exercise Prescription – Members are offered an exercise prescription based on their health risk appraisal, fitness assessment results, preferences, limitations, and goals. If members choose, they can have their programs downloaded on a smart key or the MyWellness App.

Smart Key Orientation – Members are encouraged to use our state-of-the-art TechnoGym Wellness System. Sign up for your orientation today and our trainers will be happy to show you how you can track your progress electronically. Your Smart Key will provide you with an exercise prescription, electronically, based on your fitness goals. *Fitness Assessment recommended prior to this orientation.*

Group Orientations— Cardio, strength, stretching orientations are available on the fitness floor. Members can sign up for these at the Membership Office.

Fitness Staff— Fitness Staff are available all hours of operation to assist you in your workout, answering questions, and for further orientation.

Group Exercise Class – Pick up your aquatics and land group exercise schedules or look at the website for most updated schedule (can also print schedules from here).

Open Gym/Schedule– Check the gym schedule in the gym next to concession stand or look on www.fitnessforum.biz for schedule.

Lockers – We have daily use lockers available, please bring a lock. If you are interested in a monthly rental, ask the Membership Office for information.

Comments – We love to hear the feedback of our members. We encourage you to share your ideas and comments regarding the facility.

Lost & Found – Located at the welcome desk, we will keep lost items for 30 days. If these items are not claimed they will be donated to Good Will.

Towel/equipment service – Towels, and sports equipment, can be checked out at the welcome desk for free, in exchange of ID or personal item. Once towel/equipment is returned your item will be given back. All towels/equipment checked out at the welcome desk must be returned prior to leaving the facility. Please ask staff to assist with walleyball, pickle ball, and volley ball set up.

Support Groups - Helping people help themselves is our business and an important aspect of our work is providing positive support group opportunities for people who face similar challenges. For information on groups for Arthritis, Osteoporosis, Grief, Alzheimer's, Caregivers, Senior Topics, Weight Support, and new groups contact the Welcome Desk.

Cardio and Weight Room Policies

- All plates and weights must be returned to racks or spaces allotted for them immediately after use.
- Please wipe down equipment after use. Spray bottles and wipes are available at the cleaning stations throughout the facility. To properly clean machines, spray rag with cleaning solution and wipe machine thoroughly.
- Please do not drop or throw weights
- Children must be 5' or taller to be on the TechnoGym and Nautilus Equipment.
- It is recommended that children go through orientation before using the exercise equipment.
- Children 7 –13 are allowed in the cardio area with a parent/guardian.
- Children are allowed to strength train with parent at any age in free weight area.
- Resting on equipment should be limited to 1 minute in cardio and weight room areas.
- Please limit use of cardio equipment to 30 minutes if members are waiting for that particular piece of cardio equipment.
- All beverages must be kept in a container with a lid.
- Close-toed athletic shoes are required in cardio and strength areas.
- Please ask the fitness staff for spotter assistance or workout with a buddy to spot you.
- **Techno Gym Wellness System** - A state of the art system that will track your activities and progress electronically with a Smart Key or My Wellness App. Smart Keys can be purchased for a one time charge of \$25.00.

Dress Code

- Shirts must be worn at all time. Offensive or inappropriate graphics are not allowed. Close-toed athletic shoes are required in cardio and strength areas.

Racquetball Court Policies

- Members can reserve the court for no fee.
- Reservations can be made one week in advance. No standing appointments.
- Shirts must be worn on the court.
- No black soled shoes or street shoes allowed on the court.
- Racquets, balls, and eye wear are available for use with an exchange item.
- Protective eye wear must be worn at all times.
- Please respect the court time and the players waiting.
- Players must exit court when reservation time has expired, players may not remain on court to finish a game.
- Members must check in at welcome desk prior to use
- Volleyball net and ball available upon request
- Leagues are open to all members of all abilities; check with the welcome desk for schedules.

Rock Wall Policies

- Unauthorized or unsupervised climbing is strictly prohibited.
- No one permitted to climb without Fitness Forum Sports & Wellness staff present during rock wall designated hours.
- All climbers must sign Fitness Forum Sports & Wellness climbing wall waiver forms and rules agreement prior to climbing. Participants under the age of 18 must have form signed by a parent/guardian. Forms are kept at the rock wall.
- Rock wall supervisor or Fitness Forum Sports & Wellness personnel working at the wall has the authority to ask anyone to leave if their behavior is deemed inappropriate, hazardous, or disruptive. Violation of climbing wall rules may result in loss of climbing privileges.
- Swinging or hanging on the ropes and horseplay are strictly prohibited.
- Report all unsafe climbers and equipment to climbing wall staff.
- No food or drink is allowed in designated climbing area.
- Please do not drop or throw equipment or step on rope.

Group Fitness Policies

(Cycling Arena, Studio I, Studio II, Studio III, Kidzone)

- Please check with the Welcome Desk before using a studio during a non-class time.
- No street shoes allowed in these rooms. Please bring separate workout shoes. Dirt and residue from outside damages the flooring.
- **Please do not enter the rooms until the previous class has finished.**
- Please wipe down all equipment after each class and return it to storage.
- Please keep bags and coats in the locker rooms.
- Stereo equipment is to be operated by Fitness Forum staff only. Members may bring their own music players while using studios.
- Class schedules are available online at www.fitnessforum.biz.

Gym Policies

- The gym, on occasion, is reserved for programs and events, please look at the weekly schedule located in the gym for activities or check website at www.fitnessforum.biz.
- All gym equipment is checked out at the Welcome Desk and will be given in exchange for an ID or keys.
- You must bring back the equipment you have checked out or a fee will be assessed.
- No street shoes are allowed on court.
- No dunking.
- Personal Basketballs may be brought in for use
- **Soccer is prohibited**

Track Policies

- Enter this area by the elevator/Kidzone.
- Monday/Tuesday/Wednesday - walkers and runners will be going clockwise.
- Thursday/Friday/Saturday – walkers and runners will be going counterclockwise.
- Walkers should stay to the inside lane, runners to the outside.
- Street shoes are not allowed on the track-No boots or spikes.
- Please do not stop on the track, must be moving at all times.
- The track is not to be used as an observation area for gymnasium or rock wall activities.
- No leaning, sitting or hanging on the track railing.
- Strollers, wheelchairs and walkers are welcome
- FFAD members will use ½ of the track, follow policy posted.
- Areas are provided on the 4 corners for resting or alternative exercises.

Locker Room Policies

- Sweat, shower, and pool towels are provided for use at the Welcome Desk in exchange for an ID or personal item.
- Please do not sit in lounge area with wet clothes.
- Parents must accompany their children 13 and under in locker room. If children are opposite gender, please use the family changing room.
- Family changing room- (*located at pool entrance foyer*).
- Parents with young children are encouraged to use family changing room.
- Daily use lockers are available; please bring your own lock. If you are interested in a monthly rental, stop at the Welcome Desk.
- All locks left on lockers will be cut off at the end of the night for non-rental lockers.

Pool Policies

- The therapy pool is closed to recreational swimming when the following is in session:
 1. Aquatics Therapy
 2. Aquatics Exercise Class
 3. Group Swim Lessons
- Areas of the lap pool will be closed when classes are in session but lap swimming is available in the lane. Please check with the guard if other areas of the lap pool are available for swimming.
- Please shower before entering the pool.
- No Diving; feet first entry into the pool only.
- No food or glass in the pool area.
- No running or horse-play on the pool deck or in the pool.
- Individuals with open wounds or sores may not enter the pool.
- Appropriate swim attire required.
- Children of all ages must pass a swim test to be in the pool area before they are allowed to be left without parental supervision.
- Lap swimmers ONLY in the lap lanes.
- No sitting or hanging on the lane ropes.
- Water shoes are recommended unless lap swimming (no street shoes allowed on deck).
- Respect guards and instructor's instructions.
- Babies must wear swimming diapers.
- Public display of affection is prohibited.
- Immediate attention must be given to a lifeguard whistle. One long whistle by the lifeguard indicates an emergency and is the signal for swimmers to clear the pool.
- No spitting, spouting of water, blowing nose or similar.

Sauna & Steam Room Policies

- Sauna and steam rooms are automatically set. Members need not operate.
- Due to under-developed thermoregulatory system, children 13 and under are not permitted in the sauna or steam room.
- The sauna temperature is kept between 170 and 180 degrees Fahrenheit.
- Steam room temperature is kept between 100-110 degrees with 100% humidity.
- Exposure greater than 15 minutes may result in nausea, drowsiness or fainting.
- Due to high temperatures, the sauna can be dangerous to your health. We recommend that you consult with your physician prior to using. Those with medical conditions such as high blood pressure, heart disease, respiratory problems, pregnancy, etc. should avoid exposure to high heat.
- Allow yourself at least five (5) minutes after exercising to cool down prior to entering.
- No food or drinks allowed.
- Please shower and wear suits when using sauna, steam room and hot tubs.
- When seated, please use towel.
- Avoid use while under the influence of alcohol, tranquilizers or other drugs that cause drowsiness.

Whirlpool Policies

- To start the whirlpool press the button located on the wall, next to the whirlpool stairs. Whirlpool will automatically shut off. Only press the emergency stop button in the case of an emergency.
- Due to under-developed thermoregulatory system, children 13 and under are not permitted access to the Whirlpool.
- The whirlpool temperature is kept between 102-105 degrees Fahrenheit.
- Limit yourself to a maximum of ten (10) minutes.
- Due to high temperatures, the whirlpool can be dangerous to your health. We recommend that you consult with your physician prior to using. Those with medical conditions such as high blood pressure, heart disease, respiratory problems, pregnancy, etc. should avoid exposure to high heat and humidity.
- Allow yourself at least five (5) minutes after exercising to cool down prior to entering.
- No food or drink allowed inside whirlpool.
- Please shower before entering.
- **Swimsuits or t-shirts & shorts required in this area.**
- Individuals with open wounds or sores may not enter the whirlpool.
- No cannon balls, soap, shampoo or conditioner in hot tubs.
- Avoid use while under the influence of alcohol, tranquilizers or other drugs that cause drowsiness.
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