

## General Wellness Center Guidelines

- Check in with your membership card at Guest Services (main floor) each time you visit.
- Please secure your belongings as we cannot be held liable for lost or stolen items. Lockers are for daily use only. Locks left on overnight will be removed at the discretion of the Body Zone management team.
- Shirts and shoes must be worn at all times (no sandals or open toed shoes). Please dress appropriately and use respectful language and actions.
- Workout towels are available at the wellness desk free of charge. Please return used towels to the laundry baskets provided at the wellness desk or as you exit the locker room.
- Please wipe your cardio, strength training machine, mats and equipment after each use. Disinfectant wipes are provided throughout the facility .
- On occasion, traffic in the facility becomes heavy. Please offer your machine to a waiting member during your “rest” period between sets. Try to keep your cardio time to 25 minutes.
- Outside food and beverage is not permitted in the facility with the exception of water bottles or other plastic containers for liquids consumed during your workout or class.
- Smoking and other tobacco products are prohibited in all areas of the facility.
- Visual recording devices of any kind including camera phones are expressly prohibited especially in all locker rooms.
- In the event you need to cancel a personal training appointment, please note that we do require a 24-hour notice to avoid cancellation fees.
- Our "Charge and Go" program gives you the option of linking your credit or debit card to your account and charging beverages/other items to your account. Ask your Member Advisor about this option.

## Group Exercise Guidelines

- Joining a group exercise class for the first time? Please arrive on time and if it's your first class, it's a good idea to show up a little early to introduce yourself to the instructor. This will give them time to get you acquainted with the class.
- If you arrive late to class, please choose a space in the back of the room to avoid a safety concern.
- In consideration of others, please refrain from all cell phone usage while class is in session.



## Group Exercise Guidelines Continued ...

- Please use disinfectant wipes to clean all equipment used.
- Please return all equipment to the appropriate storage place after class.
- Please take note of our Group Exercise Inclement Weather Policy outline below and ask Guest Services about our Text Message Alert Service.

**Body Zone follows the Wilson School District inclement weather delay decision, which is listed as “Wilson – West Lawn” and available on local radio and TV stations.**

### **One-or two-hour school delays:**

No morning classes until 11:00 AM. 5:45 AM classes may or may not be conducted. Since a decision to delay school isn't reached until 6:00 AM on some mornings, the decision to teach the early morning classes is left up to the instructor. Please call Guest Services at 610-376-2100 after 5:15 AM to check the status of these classes.

### **Early school dismissal:**

Classes will not be held after 1:00 PM

### **School closing:**

All classes are cancelled in the morning and afternoon. A decision to conduct evening classes will be reached by 3:00 PM.

## Youth Policy

- Youth ages 16+ may use the wellness areas on their own.
- Children under the age of 12 are not permitted on the wellness floor, cardio loft or track under any circumstances.
- Youth ages 12-15 may use these wellness areas on their own after successful completion of Body Zone's Junior Gym Certification Program. Sign up at the Wellness Desk.