



HCM

| Wellness Center

Welcome to HCM Wellness Center! We consider wellness to be a state of mind. It takes a great attitude to be fit. You have to break free from old, comfortable habits that define the status quo and step into a lifestyle that makes you feel better. It's rewarding to strengthen your heart, to lift more and go farther than you have before. It's a preferred way of life.

HCM Wellness Center asks that you help us preserve a safe and wholesome environment by following these important policies:

- ❖ CHECK IN Always check in on the appropriate activity(s) for the day. Remember, you must check in each time for multiple activities.
- ❖ FACILITY HOURS Your check in will determine HCM Wellness Center hours of operation.
- ❖ PAYMENT Monthly payment is expected prior to the 5th of each month.
- ❖ PARKING Park in designated spots in the main parking lot or the side parking lot on the corner of Ruben and Windcrest Street.
- ❖ HEALTH HISTORY Please fill out all information on the Health History form. It is important that we have up-to-date information.
- ❖ EMAIL Please provide HCM Wellness Center with an active email address. HCM Wellness Center will use the email as a way to communicate. We will not use this for any form of advertisement.
- ❖ MUSIC All group exercise classes will have loud music during the activity. Please be aware of class times if you desire a more quiet time. We recommend the time of 11am-3pm for optimal quite time.
- ❖ POOL You will need to shower off before you enter the pool to help maintain the quality of the pool. If there is a class on the schedule one lane will be available for use.
- ❖ ACT RESPECTFULLY Please treat each member with respect at all times. While in the facility, refrain from loud, rude or offensive behavior.

_____ CODE OF CONDUCT You have read and understand dress code, gym etiquette, Poseidon and pool
INITIAL rules.

I acknowledge that I will abide by this agreement and the HCM Wellness Center Member's Code of Conduct.

Printed Name

Signature

Date