

# FACILITY USE POLICIES & RULES

Welcome to the RMC Bob Holtz Wellness Center. We are glad you've chosen to exercise with us!

## BASIC INFORMATION

**PHONE:** 563-927-7311

**EMAIL:** wellnesscenterdept@regmedctr.org

**HOURS:** 5am - 10pm, 7 days of the week

**STAFFED HOURS:** Monday - Friday 7:30 AM - 5:00 PM

### **PARKING & ENTRANCES:**

- Elevator access: Park in Lot 1, use Entrance B. Use badge before 7am or after 4:30pm
- Stairs access: Park in Lot 1 or 2, use Entrance C. Use badge before 6:15am or after 5pm

**MEMBERSHIP PAYMENT:** Pay membership by the 1st of the month or lose after-hours access to the Wellness Center. Auto-renewal and automatic payment is available. Ask us how.

## POLICIES & RULES

- Upon arrival, sign in at the computer.
- Put on clean workout shoes after entering. You must wear proper workout attire/shoes. No dress shoes allowed.
- The Wellness Center is monitored by cameras 24/7. Even though this facility is equipped with surveillance cameras, if you should require immediate assistance, it may not be immediately provided. We HIGHLY recommend that you have a workout partner accompany you, but it is entirely up to you.
- Call 911 if you have a medical emergency while working out.
- Members 16+ are allowed access to the Wellness Center with key card during non-staffed hours, but must not enter the Wellness Center before 5am and must leave by 10pm, no exceptions.
- Paid minor members (age 12-15), when working out alone, can only use the facility during staffed hours. If working out during non-staffed hours, paid minor member must be accompanied by a paid adult member (age 18+).
- No sharing of membership key cards.
- No inappropriate behavior.
- Do not turn up the volume of the TVs. Headphones must be used.
- No food is allowed in the Wellness Center.
- No open cups are allowed while using cardio equipment.
- Limit cardio use to 30 minutes during high volume usage of the Wellness Center.
- Do not turn off any cardio equipment. Leave it on.
- If using the Cybex weight machine, put the pin in the top hole after using.
- If using the dip/pull-up machine, put the pin in the bottom hole after using.
- Wipe down cardio and weight equipment with Sani-Wipes after using.
- Put workout and shower towels in the hamper.
- Spray down showers with Oxivir after using.
- Privilege to use the Bob Holtz Wellness Center may be revoked if set policies and rules are not followed.

## RECOMMENDATIONS

- For your safety and to avoid injury, know how to use the equipment and use proper form. We are here to help you get the most out of your workout. Schedule additional orientation or ask staff if you need further assistance and instructions.
- Keep hydrated while working out.
- We encourage bringing your own water bottle to cut down on Styrofoam waste.
- Warm up and cool down properly.
- Perform static stretching after each workout.