

Fitness Center

Membership Handbook



 **BayCare**
Fitness Centers

General Information

BayCare Fitness Centers are hospital-affiliated facilities open to the community and guests, as well as BayCare team members. Before beginning any new exercise program, please consult your physician.

When necessary, management reserves the right to suspend or terminate any membership or request a member or guest leave the facility.

Hours

Carillon and Cheek-Powell Locations

Monday–Friday 4am–11pm

Saturday and Sunday..... 6am–8pm

Palm Harbor Location

Monday–Friday 5am–10pm

Saturday and Sunday..... 7am–7pm

BayCare Fitness Centers close promptly at the hour stated. Please plan to complete your workout and locker room use by this time. Management reserves the right to temporarily close certain areas of the facility for announced special events or holidays. Holiday hours and schedule changes will be posted in advance.

Membership Types

The Fitness Centers offer single, dual and family memberships. Family memberships are defined as spouses and/or children at least 10 years of age, residing in the same household or individuals that show financial dependence or are classified as a dependent by IRS standards.

Payment Methods

BayCare Fitness Centers accept cash, check or major credit cards for all services and/or product purchases. In addition, BayCare team members may use payroll deduction as a form of payment.

Memberships may be paid-in-full (one-year contract) or paid monthly via Electronic Funds Transfer (EFT) from checking, savings or major credit card.

Age Requirements

Members ages 10–17 must have a parent's signature on their membership agreement prior to starting an exercise program. Members under age 16 must be accompanied by their parent or legal guardian. Children under age 10 are not permitted to engage in or observe any Fitness Center activity in designated exercise areas, with the exception of programs designated for children. Children under age 10 may be placed in our on-site childcare. We reserve the right to require proof of age.

Member Check-In

All members are required to have a membership card and are required to check in for each visit. All members must have their photograph taken for security purposes. There is a \$5 replacement fee for lost cards.

Guests

1. Members are invited to bring a guest for a \$10 guest fee. A guest application must be completed and presented with a state I.D.
2. Minors are not permitted to bring other minors as guests; all guests under age 16 must be accompanied by a parent or legal guardian.
3. Guests must complete the application and sign a waiver prior to exercising.
4. A government I.D. is required.



On-Site Childcare

Childcare is provided at a low cost for all members. Children must be at least 6 weeks old. The parent/guardian must be physically in the Fitness Center at all times while his/her child is in the childcare room. Open communication is available at all times between the childcare technician, Fitness Center member and Fitness Center team. Please follow these rules:

- Schedule childcare at least 24 hours in advance so that we may staff accordingly.
- Please call to cancel if you can't make your appointment.
- Formula and juice are permitted. Please do not bring food into the childcare area.
- The same parent who brought the child to childcare must pick him/her up, unless noted at drop off.
- We reserve the right to ask you to remove your child from childcare for excessive crying or behavior problems.
- Sick children are not permitted in the facility (*includes everything from runny noses and coughs to fever and rashes*).
- Limited to two hours per child per day.

Locker Rooms

Fitness Center locker rooms are fully equipped. We provide towels for the locker room and fitness floor, day lockers free of charge, private showers with hair and body shampoo dispensers, and a vanity area with blow dryers.

Group Exercise Classes

Membership includes use of all group exercise classes including spinning. For the safety of the participants, the Fitness Centers reserve the right to limit class size and request that you do not enter a class more than 10 minutes after the scheduled start time. Guests may participate in all group exercise classes upon completing the waiver and paying a \$10 guest fee.

Personal Training

One-on-one personal training is available for an additional fee. Receive individualized, one-on-one attention from a personal trainer offering programs tailored to your specific needs, including weight loss, post-rehabilitation training, cardiovascular fitness, general conditioning, resistance training and sport-specific training/conditioning. Pilates reformer, and Pilates and yoga mat training are also available. Please see the front desk for additional information.

Nutrition Services

Membership includes the Nutrition 101 Class, a group setting in which the Fitness-Center-registered, licensed dietitian provides members with general knowledge about nutrition. One-on-one nutrition consultations are also available for an additional fee. This is available at the Carillon location only.

Massage Therapy

Massage therapy services are available on site for an additional fee. The Fitness Centers proudly offer licensed, certified massage therapists specializing in all areas of massage. A credit card is required to schedule a massage appointment. No-show or less-than-24-hour cancellations will be charged the full amount for the massage scheduled.

Fitness Center Locations

As a member of the Fitness Center, you need only present your membership card to gain use of any and all facilities.





Inactivation

In order to cancel a membership account, a 30-day written notice must be provided. The membership account will be cancelled on the first of the month after the 30-day notice. A \$45 service fee will be required upon reactivation.

Medical Leaves

A medical leave of absence will be granted upon written notice from your physician stating your inability to use the Fitness Center. The written notice must provide the date from which you were unable to use the Center and must be submitted to the front desk in a timely manner. Medical leave is a minimum one-month leave. The membership account will be given a credit to be used upon return for any billed months falling under the timeframe indicated on the written notice from the physician.

Reactivation

In order to reactivate a membership account, the member must complete the Reactivation Form. These forms are available at the front desk. Payment for the month is required when the Reactivation Form is turned in along with the \$45 service fee. If a membership account remains cancelled for more than 12 months, new paperwork and full payment of the initial fee, in lieu of the service fee, is required. A freeze does not require reactivation as long as you do not change the indicated return date.

Declined EFT

Should any membership deduction not be honored by the financial institution for any reason, members will be responsible for the monthly dues, plus a service charge in the amount of \$25 applied by the Fitness Center. The membership account will be placed on hold until payment is rendered at the front desk.



Member Etiquette

Proper Attire: Gym shorts, T-shirts, leotards, tights, warm-up suits and/or sports bras are acceptable. Rubber-soled tennis or athletic shoes are required at all times. Sandals and open-toed shoes are not allowed. Hospital scrubs are not permitted.

Food and Drink: Only water and non-alcoholic drinks in spill-proof containers are permitted in the exercise areas and group exercise rooms.

Conduct: All members are subject to the supervision and guidance of the Fitness Center team. Members who violate the conduct policy will be asked to leave immediately. Management reserves the right to suspend any member who intentionally violates these policies and/or becomes violent or abusive toward members, Fitness Center staff or equipment. We ask that members:

- Behave in a quiet, well-mannered fashion. No foul language is allowed.
- Relay any criticism of guests, other members or staff to the management in private
- Refrain from smoking. The Fitness Centers are smoke-free.
- Not be under the influence of alcohol or drugs when using the Fitness Centers

Solicitation: Sales solicitation is prohibited in the Fitness Centers. All promotional flyers must be approved by management before being posted or distributed.

Lost Items: The Fitness Centers are not responsible for any lost or stolen items belonging to members or their guests. Valuables should be stored in lockers. Lost items will be held for 30 days.

Parking and Safety: Parking is available in the front parking lots of the BayCare Fitness Center (Carillon) and BayCare Fitness Center (Palm Harbor) and in the parking garage at the Cheek-Powell Fitness Center. To access the BayCare Fitness Center (Carillon) after hours, please use the side entrance. To access the Cheek-Powell Fitness Center after hours, please enter through the north side entrance under the blue awning. To access the BayCare Fitness Center (Palm Harbor) after hours, enter through the door to the right of the main entrance. Members are NOT permitted to grant another member access to the facility through our after hours entrance.

Locker and Towel Service: For your convenience, locker rooms have showers, lockers, vanity areas, blow dryers and private changing areas. Baby-changing stations are available in the baby-sitting room. Lockers are for daily use only. Any contents left in lockers overnight will be removed and placed in Lost and Found. Free towel service is provided. Please place used towels in the bins located throughout the Fitness Center.

Strength Training and Cardiovascular Areas: Only BayCare fitness specialists and personal trainers can prescribe exercise programs. Before using any unfamiliar equipment, ask a fitness specialist for proper instruction. Before using the treadmill, always straddle the treadmill belt first; decrease the speed and turn the power off before leaving the treadmill. Please wipe off machines after each use. Please observe posted time limits on cardiovascular machines during peak hours and when others are waiting. When performing multiple sets on strength-training equipment, please allow other members to use the equipment between turns. Music played in the Fitness Center is controlled by the Fitness team. Bring headphones for the Cardio Theater. Personal iPods, mp3 players, etc., with headsets may also be used.

Phone Usage: The phone station on the exercise floor is for staff use only. If you do carry a cell phone, please keep it on vibrate mode. Members are encouraged to limit calls to the lobby. Recording with mobile devices is never permitted.

Perfumes and Colognes: We ask our members to refrain from wearing strong perfumes and colognes.





We Need Your Help

By following these rules of etiquette, you will help create a peaceful, comfortable environment, helping all members get the most out of their fitness sessions.

Free Weights

If you are using free weights for the first time, please ask a Fitness Center team member for help. We also ask that you:

- Be cautious when in the free weight area and pay attention to other members. Do not swing, throw or drop weights.
- Ask a fitness center team member to spot you when using heavy weights. Also, collars must be used on bars at all times.
- Re-stack your weights immediately upon finishing equipment use

Equipment Maintenance

From time to time, cardiovascular and/or strength training equipment may be out-of-service. When this occurs, please ask a fitness specialist to recommend alternate exercises. We appreciate your patience.

Locations

BayCare Fitness Center

BayCare Outpatient Center
900 Carillon Parkway
St. Petersburg, FL 33716
(727) 502-4444

Monday–Friday, 4am–11pm
Saturday and Sunday, 6am–8pm

BayCare Fitness Center

Palm Lake Shopping Center
32672 U.S. Highway 19 N.
Palm Harbor, FL 34684
(727) 772-2254

Monday–Friday, 5am–10pm
Saturday and Sunday, 7am–7pm

Cheek-Powell Fitness Center

Morton Plant Hospital – Cheek-Powell
Heart and Vascular Pavilion
455 Pinellas St.
Clearwater, FL 33756
(727) 462-7656

Monday–Friday, 4am–11pm
Saturday and Sunday, 6am–8pm

BayCareFitnessCenters.org



