

# THE FITNESS CENTER AT KERNERSVILLE

## ABOUT US

We are proudly owned and operated by High Point Regional UNC Healthcare. Our state of the art facility offers a wide range of amenities allowing you to meet your health and fitness goals. The integration of top-notch service, highly trained staff, health education and programs sets us apart from the standard fitness facility.



## MISSION

To provide exceptional fitness services and improve quality of life for the community.

## VALUES

Teamwork	Integrity	Accountability
Compassion	Pride	Excellence

## VISION

To be the premier center for promoting health and wellness through exercise, education and innovative programs



## HOURS OF OPERATION

Monday – Thursday:	5:30 a.m. – 9:00 p.m.
Friday:	5:30 a.m. – 8:00 p.m.
Saturday:	8:00 a.m. – 4:00 p.m. (Closes at 6:00 p.m. Memorial – Labor Day weekends)
Sunday:	12:00 p.m. – 6:00 p.m.

Please plan your activities accordingly to ensure you are ready to exit the building at designated closing time. This includes showering; gathering belongings; cool down exercises; stretching, etc. The indoor aquatics area closes 15 minutes before facility closing and during summer season the outdoor aquatics area closes 30 minutes prior to facility closing.



The facility hours of operation are consistent except for holidays, inclement weather, and any particular circumstance. Any decision to make adjustments in the opening and closing times are determined by management. We take in consideration the impact on the customers and the safety of our employees. If we change our hours due to inclement weather, an announcement will be placed on our answering service and on WXII 12 website. You may call the front desk at 992-1700 at any time to confirm hours of operation. We do close the facility completely for the following holidays: New Years, Easter, Thanksgiving and Christmas. Abbreviated hours typically are the days around these holidays as well as Memorial Day, July 4th and Labor Day.

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## MEMBERSHIP:

Our educated staff is available to give you the tools to reach your goals whether you are looking to lose weight, maintain current fitness levels, gain knowledge on specific health topics, etc. They will help design a program that fits your needs.



### Benefits include:

- Access to all areas of facility
- Free individual session with a degreed exercise specialist
- Various assessments available on a quarterly basis
- Equipment orientation
- Group fitness classes
- Three free guest passes per calendar year (not included in Student memberships)
- Free health educational seminars and fitness clinics
- Locker and towel service
- Access and member pricing for nutritional counseling, personal training, swim lessons and any other additional programs.

## ENROLLMENT:

Enrollment process entails membership agreement with all account information, terms and conditions read and initialed and appointment confirmed for initial session with one of our Exercise Specialist. (Required for anyone under the age of 18)

### Rates:

Enrollment fee:	\$75 first person	\$50 each additional person (14+ years old)
Monthly rate:	\$49 individual	\$88 couple (adults in the same household)
	\$78 senior couple (must be 60 years old or a combined age of 120)	\$24 per month (under 18 years old)
Annual Membership:	Commit to one year and get one month free	
Student membership:	Current high school or college student with valid identification \$90 for 3 months (not eligible for free guest passes)	
Corporate rates:	\$5 off monthly rate	

The corporate rate is available for corporate groups with five or more employees maintaining a membership. This includes current state, city, and county employees, High Point Regional and UNC Health System employees. Limit one discount per membership.

Membership dues will be collected either by account draft or upfront annual payment. Annual memberships will be discounted one month and is non-refundable. Month to month memberships must be drafted from a checking account, debit card or credit card. This is a no long term contract; however, notice of cancellations must be in writing with a 30 day notice. The draft typically is drawn on the tenth of the month. Any changes to membership must be in writing with a 30 day notice. This includes member add-on or deletions. Cancellations must be turned in to a Member Services Specialist by the 15th of the current month to discontinue draft and terminate at the end of that month. Any cancellation notices received after the 15th of the month will not be terminated until the end of the following month. Decline drafts will incur necessary fees. Membership must be in good standing and all fees paid to continue use of facility. After the 3rd decline draft membership will be terminated and any dues must be paid to resume membership. Such accounts will be turned over to a collection agency to obtain necessary funds. Upon cancellation any member in good standing at the time of termination may rejoin for \$25 within 6 months to avoid current enrollment fee.