

THE FITNESS CENTER AT KERNERSVILLE

ABOUT US

We are proudly owned and operated by Wake Forest Baptist Health High Point Medical Center. 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 am – 9 pm
Friday:	5:30 am – 8 pm
Saturday:	8 am – 4 pm (Closes at 6 pm Memorial – Labor Day weekends)
Sunday:	12 pm – 6 pm

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.



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 336-992-1700 at any time to confirm hours of operation. The facility is closed for New Years Day, Easter Sunday, Thanksgiving and Christmas.

THE FITNESS CENTER AT KERNERSVILLE

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, county and High Point Medical Center 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.

THE FITNESS CENTER AT KERNERSVILLE

FACILITY GUIDELINES:

These guidelines are intended and enforced for the safety and security of all members, guests and staff. Please use good judgment in any use of the facility. We appreciate your cooperation.

1. All members and guest must check-in at the front desk upon entering facility. Membership cards are provided for check-in at initial membership sign-up. If you lose your card, the fee is \$5 for a replacement.
2. Guests must fill out a guest waiver form and pay any fees required at that time to use the facility. A guest pass is for the whole facility. We do not offer guests passes for specific areas.
3. Members receive three free electronic guest passes each calendar year. Any unused guest passes do not roll over into the next year.
4. Towels are provided at the front desk upon arrival. Towels are for use inside the facility only. The towels are not to be taken outside; this includes the outdoor pool area. Please return all towels to the front drop off when finished.
5. Locker service is provided for your convenience. Please be sure to lock up all your belongings. The Fitness Center is not responsible for personal belongings.
6. Children under the age of 14 must use the boys or girls locker room.
7. Appropriate exercise/swim attire and proper hygiene are required. Shirt and shoes must be worn at all times in facility with the exception of pool areas. Only non-marking shoes are allowed on all courts and studios.
8. Eye protection is mandatory while playing racquetball. Racquets, balls and eye protection are available upon request at the front desk.
9. Outside personal trainers/swim instructors conducting business on premises is prohibited. Personal training and swim lesson classes are available for a fee. Please see staff.
10. No smoking inside or outside the facility. This is a smoke free campus.
11. Showers are required before entering any pool. Do not enter pools if you have any open wounds.
12. Our sauna is a dry heat based sauna. Please refrain from pouring any liquid in or on the heating unit. No cell phones, food or drink allowed in the sauna. Appropriate attire is required for use.
13. Children under the age of 12 are not permitted in the whirlpool.
14. Children under the age of 14 are not permitted in the Fitness area (unless they have passed the Basic Strength course and are under a parent's constant supervision).

THE FITNESS CENTER AT KERNERSVILLE

FACILITY GUIDELINES (CONTINUED)

15. Strollers and infant carriers are not permitted in the fitness area.
16. Any child under the age of 14 may be in the facility in unrestricted areas under the continuous supervision of a parent or guardian. Parents are responsible for the behavior of their children. Disruptive behavior is not tolerated.
17. Child Care is available for children 6 months – seven years of age and must be on the membership or pay a guest fee at time of service. A reservation must be made in order to use child care. Children 6 -11 months may use area for maximum of one hour per day and children ages one to seven for a maximum two hours per day. See Child Care Guidelines for more detailed information.
18. Please wipe down all equipment (careful not to spray on electronics) after use. Re-rack weights; return all weights, bars, mats, handles, balls, etc. to their original place. Be considerate to others and pick up after yourself in all areas of the facility.
19. When lifting heavy weights please be sure there is a controlled dropping of weights. This is out of respect for the equipment and fellow members.
20. Please notify an Exercise Specialist for ANY and ALL 1 Rep Max attempts.
21. Please leave walkways open when not using machines.
22. Please notify staff IMMEDIATELY if you are bleeding, or if you see blood anywhere.
23. Do not exercise if you feel light headed or nauseous. Notify staff if you become such or have any unusual symptoms.
24. For the courtesy of all members, please refrain from using tablets without headphones, cell phone conversations, loud music, etc. while exercising. The use of camera phones is strictly prohibited in all locker rooms/restrooms.
25. Group exercise classes may be held in various areas of the facility (fitness floor, track, gym, all pools). Please be mindful of class participants.
26. When participating in a group exercise class, be on time, keep all conversations for after class, and do not use cell phone. Do not join a class already in progress as this will disrupt instructor and participants. (Aqua classes typically meet in therapy pool but may need to move to open lap lanes in lap pool. During the summer months, some classes are held in the outdoor pool.)
27. All members and guest are to maintain courteous behavior while using the facility. No running, horseplay or aggressive behavior.
28. Profanity towards staff or other members will not be tolerated.
29. Failure to abide by facility guidelines, policies and procedures, terms and conditions will result in membership suspension or immediate cancellation.



THE FITNESS CENTER AT KERNERSVILLE

ADDITIONAL SERVICES:

Nutritional Services:

Meet with our Registered Dietitian to discuss your nutrition habits and concerns. Whether your interest is in weight loss, weight gain, improving a medical condition with diet, or general healthy eating, these one-on-one sessions are instrumental for successful nutrition outcomes.

Individual session: 1st appointment (1 hour) = \$60 Follow-up appointments (1/2 hour) = \$30

Nutrition Package: One 60-minute session and three 30-minute follow-up sessions = \$142.50

Nutrition and Exercise Package: (in addition to above package) one 60-minute and two 30 minute follow-up personal training sessions with our Exercise Specialist = \$161.50

Personal Training Packages:

One Individual Hour Sessions:

	<u>Member</u>	<u>Non-Member</u>
Single session	\$40	\$50
6 Sessions	\$228	\$285
12 Sessions	\$432	\$540

Half-Hour Individual Sessions:

Single Session	\$20	\$25
6 Sessions	\$114	\$143
12 Sessions	\$216	\$270

Partner One Hour Sessions:

Single Session	\$60	\$70
6 Sessions	\$342	\$399
12 Sessions	\$648	\$756

**Partner sessions are two people training during allotted time*

THE FITNESS CENTER AT KERNERSVILLE

ADDITIONAL SERVICES (CONTINUED)

Junior Fit:

Beginners Basic Strength Class

Members = \$55

Non-member = \$110

A four-week program for children nine years of age and older who show interest in learning the basics of strength exercises. Participants will learn vital techniques that will ensure proper form in building muscle strength. Space is limited to 4 participants to ensure quality supervision and education. Upon successful completion, participants may continue to the intermediate level class.

Kids/Teen Intermediate Strength Class

Members = \$55

Non-Member = \$110

A four-week program for children nine years of age and older who have completed the basic strength class. Participants will demonstrate proper techniques learned, focus on appropriate/safe exercise progression and be able to identify targeted muscle groups for their exercise program. Space is very limited. Class is offered on a first come first serve basis. Successful graduates of this program who show knowledge of proper exercise may use fitness area during designated hours under the supervision of an adult.

Movement Class

Members = FREE

A class for children ages four to six. This class will incorporate motor skills, movement awareness, aerobics, stretching and balance. Children will develop physical strength, flexibility, increase coordination skills which can lead to improvement in sports performance. Class will incorporate fun that will captivate your child's attention while they get a great workout. Class meets as needed. See an Exercise Specialist for availability.

Swim Lessons and ISR:

American Red Cross swim lessons are available for all ages and levels. ISR-Infant Swimming Resource is also offered. Information and pricing for both is available at the front desk as these are contracted programs.

Educational Seminars:

Member = FREE

Non-member = FREE

We offer educational seminars with topics relating to your health and well-being. All seminars are offered by skill and trained professionals. Please check with the front desk for upcoming topics, dates and times.

EMPOWER:

A 12-week guided weight loss program, empowering people to manage their health through nutrition and exercise. We will give you the tools to succeed, motivate you to stay on track, and offer you support. This program is offered twice a year. Space is limited. See staff for pricing information.

