



## **New Member Handbook**

  
**Advent Health**  
Wellness Center

# Wellness Center Member Handbook



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# Welcome to the Wellness Center

## MISSION & VISION

### THIS WAY TO HEALTH & WELLNESS

AdventHealth Wellness Center Wesley Chapel is your community resource for achieving and maintaining a healthy lifestyle. With a team of qualified professionals, advanced equipment and personal services, the Wellness Center has what you need to succeed.

Thank you for being a Wellness Center member. Please ask a team member for help at any time. We are here for you. We welcome your feedback and have provided comment boxes throughout the center for your convenience. Please let us know how we can help you get the most out of your membership.

### MISSION STATEMENT

The Wellness Center is committed to extending the healing ministry of Christ by helping people achieve the maximum attainable levels of fitness and wellness to live a highly qualitative life.

### OUR VISION

One team committed to improving the health of our community through excellence in care and wellness.

The Wellness Center is located in the Wellness Plaza on the campus of AdventHealth Wesley Chapel

2700 Healing Way, Suite 101  
Wesley Chapel, FL 33543  
PHONE (813) 929-5252 | FAX (813) 929-5251  
AHWCwellness.com

### HOURS OF OPERATION

#### WELLNESS CENTER

MON - THUR | 5 a.m. – 10 p.m.  
FRI | 5 a.m. – 8 p.m.  
SAT & SUN | 7 a.m. – 5 p.m.

#### MEMBER SERVICES HOURS

MON - THUR | 9 a.m. – 7 p.m.  
FRI | 9 a.m. – 5 p.m.  
SAT & SUN | 10 a.m. – 3 p.m.

#### POOL HOURS/LAP POOL

The lap pool closes 30 minutes before Wellness Center closing hours.

Some lanes may be unavailable during group fitness aqua classes; see schedule for days/times. Swim lessons are conducted in the lap pool at various times of the day.

#### POOL HOURS/THERAPY POOL

The therapy pool closes 30 minutes before Wellness Center closing hours.

Swim lessons, physical therapy and group fitness are conducted in the therapy pool at various times of the day.

#### FIT FRIENDS KIDS CLUB HOURS

MONDAY - THURSDAY  
8:30 a.m. – 1 p.m.  
4 p.m. – 8:30 p.m.

FRIDAY - SUNDAY  
8:30 a.m. – 1 p.m.

\*Holidays may affect these hours

#### HOLIDAY HOURS

Easter	Closed
Memorial Day	7 a.m. – 1 p.m.
July 4th	7 a.m. – 1 p.m.
Labor Day	7 a.m. – 1 p.m.
Thanksgiving	Closed
Christmas	Closed
Eve	7 a.m. – 1 p.m.
Day	Closed
New Year's	Closed
Eve	7 a.m. – 1 p.m.
Day	Closed

## AdventHealth

*AdventHealth is a not-for-profit, faith-based healthcare organization dedicated to a tradition of whole-person health by caring for the physical, emotional and spiritual needs of every patient. A national leader in quality, safety and patient satisfaction, AdventHealth has nearly 50 hospitals and more than 80,000 employees.*

*Established in 1908, AdventHealth has 23 hospitals across the state including six in the Tampa Bay area.*

## WELLNESS CENTER MEMBERSHIP

It is important that you understand the terms and conditions of your membership. If you have questions concerning your membership, please contact Member Services at 813-929-5252.

### CHECKING IN: REQUIRED

All members and guests must check in at the Front Desk upon every visit to the Wellness Center via their Smartkey or key tag. Photo and photo Identification is required for all members/guests and will be kept on file.

### SMARTKEY/ KEY TAG

Upon membership activation, each member is provided with a unique programmed Smartkey that allows the member to track their fitness data on the mywellness® cloud. To check in, swipe the Smartkey on the keypad located at the Front Desk, or in the Kids Club.

- Smartkeys are programmed for each individual member.
- Smartkeys are non-transferrable.
- Members are responsible for replacing lost or stolen Smartkeys at a cost of \$20/per key.
- Smartkeys must be returned to the Wellness Center within one week of membership cancellation, or a \$20 lost-key fee will be charged to the credit card on file.
- Abuse of Smartkey privileges could result in the suspension/cancellation of membership.

### CHILDREN (3 months to 12 years)

Children must be 13 or older to access the fitness or aquatic areas unless participating in a Wellness Center specialized youth program. Children under 13 may not be left unattended or unsupervised. Kids Club services are available during limited hours for children ages three months to 12 years, hourly or monthly rates apply.

### YOUTH MEMBERSHIPS (ages 13-17)

Members can add teenaged children (ages 13-17) to their membership at regular add-on rates. Confirmation of date of birth (i.e., school ID with date of birth or birth certificate) is required.

- Youth members ages 13-15 must be within eyesight of parent or supervising adult (age 18+) at all times while exercising at the Wellness Center – unless participating in personal training or a specialized youth program sponsored by the center.
- Youth members ages 16-17 require written parental/guardian consent when joining, but supervision is not required.
- Parent/guardian/adult is responsible for all actions of the youth member while at the Wellness Center.
- Youth members can work out with all Wellness Center fitness equipment, may attend group fitness classes and have full use of the indoor track.
- Youth members are subject to all Wellness Center policies and procedures.
- Birth Certificate or other documentation required for all children to verify age.

### SHORT-TERM MEMBERSHIPS (ages 16-17)

Short-term memberships are available for ages 16 and up – limited to three months per year (does not need to be consecutive). Confirmation of date of birth is required. See Member Services for current rates.

- Short-term members have full use of the Wellness Center facility, equipment and group fitness classes.
- Parent/legal guardian must provide consent on the first visit.
- Short-term members are subject to all Wellness Center policies and procedures.

### CORPORATE MEMBERSHIPS

Corporate memberships are available at the Wellness Center offering reduced rates, which may be partially or fully compensated by your employer. If your membership is part of a corporate membership rate and you lose or quit your job with that employer, your membership will transfer to a regular-rate membership.

The Wellness Center offers corporate rates for employees of local businesses. In addition to offering a reduced membership rate to your employees, we can also offer group fitness assessments, biometric screenings, health risk appraisals, and educational seminars highlighting the benefits of exercise. For more information contact Marketing & Community Outreach department at (813) 929-5587 or email [AHWCwellness@AdventHealth.com](mailto:AHWCwellness@AdventHealth.com)

### GUESTS

We invite your friends and family members to visit the Wellness Center. Complimentary guest passes are available from Member Services. There is no cost for the first visit, additional days may be purchased. Complimentary one-day guest pass usage is limited to one pass, per guest, per calendar year. Guests must check in upon every visit and a photo will be required to be kept on file. Guests are subject to all Wellness Center policies and procedures. Youth ages 13-17 require parental consent on initial visit and are subject to all Wellness Center youth membership policies and procedures.

### MEMBERSHIP CHANGES

Memberships can be upgraded/downgraded at any time by completing a Member Status Change Form, available at the Front Desk. Changes are effective on the first of the following month and last for the entire month; prorated charges and cancellation fees may apply based on membership type. Changes can only be made by the primary account member.

### MEMBERSHIP CANCELLATIONS

Month-to-month memberships may be canceled with 30-days notice and completion of a Membership Cancellation Form, available at the Front Desk. Cancellation must be completed by primary account member.

- Member is responsible for any balance due on account, plus final month's membership fees.
- Member is responsible for returning Smartkey within seven days of membership end date, or will be charged a \$20 lost-key fee for each unreturned key.
- Cancellations may be done in person, via fax, email or phone.
- Cancellation confirmation will be sent via email once the request has been received.
- Members rejoining 30 days after cancellation are subject to regular enrollment fees.

### MEMBERSHIP FREEZE

Memberships can be temporarily suspended by completing a Membership Freeze Form, available at the Front Desk. While in freeze status, none of the members on the specific membership will be allowed use of the facility. If you wish for the membership to become active before the freeze end date full monthly dues will apply.

- All monthly memberships can be on a freeze for up to six months in a calendar year at no charge.
- Annual paid-in-full memberships will be extended accordingly.
- All membership freezes must begin on the 1st of the month.
- If a freeze is for a documented medical reason, base membership rate will always apply, please see front desk for more details.
- Annual paid-in-full memberships can be on a freeze for up to three months in a calendar year at no charge.

### MEMBERSHIP PAYMENTS

- Month-to-Month membership payments may be made via electronic funds transfers, bank draft or credit/debit card draft and will be processed at the beginning of each month.
- Annual paid-in-full membership payments may be prepaid via check, cash or credit/debit card. Prepaid dues are non-refundable, and non-transferable.
- Membership payments more than 10 days in arrears are subject to an additional \$9.50 late fee.

### CREDIT CARD UPDATES

Updates to credit cards/bank drafts on file may be made in person at the Front Desk or by calling ABC Financial at 1-888-827-9262.

### RETURNED PAYMENTS AND LATE PAYMENTS

A service fee of \$23.50 will be charged on any checks, electronic funds transfers or credit card drafts that are unsuccessful due to insufficient funds. Outstanding fees may be paid at the Front Desk. All amounts due must be paid before the end of the month or will be added to the following month's draft/payment. Should any monthly payment become more than ten days past due, you will be charged an additional late fee of \$9.50.

### MEMBER CONDUCT

Disrespectful and inappropriate conduct, behavior, or other actions that negatively impact our guests, staff or other members will not be tolerated and may result in ejection from the Wellness Center and/or revocation of membership.

### SAFETY/EMERGENCIES

- Members and guests should observe all posted signs and use caution while exercising.
- First Aid kits and AEDs are available on both levels of the center. All Wellness Center staff are trained in CPR/AED and First Aid.
- Notify staff immediately regarding any accident or injury or dial x5598 on any Wellness Center phone.
- Fire alarms are located throughout the Wellness Center. In case of fire, or other emergency situation, locate the nearest exit and follow staff member instructions.
- In a life-threatening emergency, please dial x5598 on any Wellness Center phone.

### ATTIRE/FOOTWEAR

In order to maintain a comfortable, safe, non-intimidating and family-friendly environment, please follow these clothing guidelines:

- Appropriate attire is required at all times.
- Soft-soled, closed-toed athletic shoes must be worn in the Wellness Center fitness areas.
- Shoes may be removed for specific group fitness classes within the fitness studios only.
- Cleats are permitted in the cycling studio and on carpeted areas only. Participants must wear soft-soled shoes into the Wellness Center and change into cleats on the second floor or within the cycling studio. Cleats are not permitted on the stairs at any time.
- Shirts may be sleeveless. Sports bras may not be worn as shirts.
- Shorts must be long enough to fully cover the buttocks and groin when the member/guest is exercising.
- Appropriate undergarments and support are required at all times.
- For sanitary purposes, clothing must be properly laundered and shoes clean and dry.
- Jewelry that may cause equipment damage or pose a risk of injury should be removed.
- Members/guests may be asked to remove items that pose a danger to self or others.
- Clothing with offensive language, designs or pictures is not acceptable. Clothing inscribed with profanity is prohibited.
- If management deems clothing to be unacceptable, the member/guest may be asked to change.

### LOCKER ROOM USAGE

Locker rooms are for use by Wellness Center members and guests. Please respect other members by keeping this common area clean. For the comfort of all members, children under the age of 13 are not allowed in the locker rooms – family/assisted restroom/changing areas are available, located just outside the therapy pool (past the main staircase and down the hallway on the right). Restrooms are also available in the Wellness Plaza hallway.

### LOCKERS

Large and small lockers are available in the locker rooms and in the common areas of the Wellness Center for daily usage at no cost. Any items left in a day-use locker will be removed at the close of business, and the items will be placed in lost and found. A limited number of lockers are available for rent for \$15/month (first-come, first-served basis), see Front Desk for more information. Lost and found items will be held for 14 days. Items left in the lockers are at your own risk. Please do not leave valuables. Lockers may be periodically accessed for cleaning and maintenance. Members will be notified via email for any scheduled cleanings.

### TOWELS

Towel service is complimentary. Small “sweat” towels are available in the fitness areas and use is encouraged for the benefit of all members. Bath towels are available in each locker room. Please do not use towels to wipe floors or as floor mats. Place used towels in the laundry bins conveniently located in the locker rooms and throughout the center. Bath towels are not permitted on the fitness floor.

### PHOTOS/VIDEO

Use of any photography or videography equipment (including smart phones) is not allowed without management approval.

### TELEVISION VIEWING

Televisions are located throughout the Wellness Center. Wall-mounted screens are tuned to channels determined by management. Personal viewing screens are installed on most of the cardiovascular machines and are equipped with headphone jacks (earbuds are available for purchase in the Logo Shop). Members and guests may select television channels or view the Internet while exercising. Inappropriate content will be addressed by management. Should the content be deemed highly offensive and egregious, membership may be terminated.

### SELF-PARKING/VALET SERVICE

Self-parking is available in front of and immediately behind the Wellness Center/Wellness Plaza. Overflow parking is available just south of the Wellness Center lot, closer to the hospital. During times of heavy usage at the Wellness Plaza, parking may be limited and members are encouraged to use our valet service. Complimentary valet service is available weekdays at the hospital main entrance and at the Wellness Center Plaza main entrance. Tipping is allowed, but is not required. Handicapped and Physical Therapy spaces are reserved at all times. Violators may be towed at their expense.

### SMOKING/TOBACCO USAGE

AdventHealth Wesley Chapel and the Wellness Center are nicotine-free environments. Smoking or the use of any type of tobacco product is not allowed anywhere on the campus.

### WEAPONS

In accordance with AdventHealth Wesley Chapel policy, guns, knives and other weapons are not allowed in or on Wellness Center property.

### FOOD/BEVERAGES

All food and most beverages are restricted to the Fit Fresh Café and lobby areas. Water or sports drinks, contained in sealable containers, are permitted in the fitness areas. No food or drinks are permitted in the aquatics areas. Alcoholic beverages are prohibited on Wellness Center premises. Use of alcohol will result in membership termination.

### LOST & FOUND

The Wellness Center is not responsible for lost or stolen items. Any items found should be turned in to the Front Desk. Found items will be retained for a period of 14 days.

### COMMENT CARDS/MEMBER SURVEY

Wellness Center staff members are available to assist members and guests at all times. In addition, comment cards are available to provide any feedback regarding experiences at the center. All comment cards are welcomed and are read, and addressed, by management on a weekly basis.

We also seek member feedback in the fall with our annual member survey, which is emailed to all members. We appreciate all comments and invite members to provide ideas and input that can help improve the center for all members.



#### Wellness Center ROCK STAR

Did a team member go above and beyond what you expected? Give them a “shout out” . . . see the back of our comment cards for award nominations.

## POLICIES & PROCEDURES

The safety of all members/guests is of the utmost importance, please contact any Wellness Center fitness staff if you need assistance with any equipment, or have questions about classes or services. Children under the age of 13 are not permitted on the fitness floor, unless participating in Wellness Center supervised training programs.

In order to maintain a comfortable, safe, non-intimidating environment, please follow these policies in the fitness areas:

- Soft-soled, closed-toed athletic shoes must be worn in the Wellness Center fitness areas.
- Appropriate attire is required at all times; midribs must be covered. If management deems clothing to be unacceptable, the member/guest may be asked to change.
- Please wash hands and wipe off cologne/perfume before beginning your workout, as many people have allergies.
- Gym bags or other personal belongings are not allowed on the fitness floor. Lockers are provided at no cost. Small lockers are located on both the first and second floors; large lockers are provided in the locker room. Personal items will not be kept at the Fitness Desk or office areas.
- Do not sit on machines between sets.
- Ask if you may “work in,” and always allow others the same courtesy.
- If lifting heavy weights, it is advised that a friend/trainer be available to spot.
- Always re-rack weights and return equipment/accessories to its proper location.
- Do not drop weights. Physician’s offices are located below the Wellness Center fitness floor, please be courteous to patients and medical staff.
- Wipe down all equipment after use with gym wipes provided on the fitness floor.
- Limit time on cardiovascular machines when other members are waiting.
- Refrain from yelling, using profanity, banging weights and making loud sounds.
- No horseplay will be permitted with any equipment on the fitness floor or in the group fitness studios.
- Water or sports drinks, contained in sealable containers, are permitted in the fitness areas. Food is prohibited.
- Members/guests may not provide personal training to other members/guests in the Wellness Center. Doing so may result in membership termination.
- Unauthorized solicitation of any type is not allowed on the fitness floor.

### EQUIPMENT USAGE

The Wellness Center offers a complete line of free weights, Technogym® plate-loaded and hydraulic strength machines, and functional training equipment. A complimentary fitness equipment orientation is provided for all new members, see Fitness Desk for schedule. Please ask for help from a Fitness Associate before using unfamiliar equipment in order to avoid injury and to maintain safe, effective form.

### INDOOR RUNNING/WALKING TRACK

Nine laps around the outside lane of the track equals one mile. The outside lanes are reserved for runners; inside lanes for walkers. Running/walking direction changes daily; please check the directional signs and use caution before entering/exiting the track.

### EXERCISE IS MEDICINE®

The Wellness Center offers the American College of Sports Medicine (ACSM) Exercise is Medicine® fitness and education programs. The programs are designed for patients with special conditions including arthritis, cancer and diabetes. See the Fitness Desk, or ask your physician for more information. Wellness Center medical memberships are available with qualification.



## POLICIES & PROCEDURES

The Wellness Center offers more than 100 group fitness classes every week. Instructors are internationally certified in a variety of strength, cardio, cycling and mind/body programs, including Les Mills®, Zumba®, yoga, barre and pilates. Classes are designed for all fitness levels from beginner to advanced. We also offer a selection of classes geared toward active adults and seniors.

All regular group fitness classes are included with Wellness Center membership. Specialty classes may be offered on occasion for an additional fee.

The monthly group fitness schedule is available at the Wellness Center and on the Wellness Center website and Facebook page. Group fitness schedules are subject to change.

### GROUP FITNESS RULES

- Water and sports drinks are allowed in group fitness studios in a sealable container.
- Towels are provided in locker rooms and throughout the center.
- Please do not save bikes or equipment for other participants.
- Please clean equipment after use with gym wipes provided in each studio.
- Appropriate attire is required at all times. Shirts may be sleeveless, but must cover the stomach/midriff. Shorts must be long enough to fully cover the buttocks and groin when the member/guest is exercising. Appropriate undergarments and support are required at all times.
- Soft-soled, closed-toed athletic shoes must be worn in the Wellness Center fitness areas. Shoes may be removed for specific group fitness classes within the group fitness studios only.
- Cleats are permitted in the cycling studio and on carpeted areas only. Participants must wear soft-soled shoes into the Wellness Center and change into cleats on the second floor or within the cycling studio.
- Cycling participants, please use caution exiting bikes as floors may become wet.
- Aqua participants, please use caution and follow all posted pool rules at all times.

Immediately inform the instructor or a Wellness Center staff member if feeling short of breath, dizzy, nauseous or sick during a group fitness class.



### CLASS BOOKINGS

All group fitness class bookings must be scheduled through the Mywellness App. Members must arrive to class on time or reserved booking may be lost to another member on the wait list.

### ON DEMAND/ VIRTUAL CLASSES

The Wellness Center offers Fitness on demand and virtual Les Mills® classes, available for members/guests when classes are not scheduled. By accessing the touchscreen kiosk outside the group fitness studio, participants can browse through dozens of class videos led by professional instructors. It is a fully automated and integrated HD audio-visual system that activates on demand.

### GROUP FITNESS FOR KIDS

See the Front Desk for programs, schedules and rates. ■

## GROUP FITNESS PROGRAMS

**LES MILLS**  
BODYATTACK®

**LES MILLS**  
BODYCOMBAT®

**LES MILLS**  
BODYFLOW®

 **ZUMBA**  
fitness

**LES MILLS**  
BODYPUMP®

**LES MILLS**  
BODYSTEP®

**LES MILLS**  
CXWORX™

 **ZUMBA**  
gold

**LES MILLS**  
*sprint*

**LES MILLS**  
**GRIT**

**aqua**  
 **ZUMBA**

PLUS . . . BARRE, YOGA, PILATES, CYCLE, PIYO





## POLICIES & PROCEDURES

The Wellness Center offers two co-ed indoor pools to provide members/guests beneficial aquatic fitness options, such as swimming, water walking and aqua aerobics. A designated dry sauna is available in both the men's and women's locker rooms.

### TEMPERATURE RANGES

- Lap Pool: 82°F - 85°F
- Therapy Pool: 92°F - 95°F
- Sauna: 160°F - 170°F

### AQUATICS RULES

- Use caution and follow all posted pool rules at all times.
- Children under the age of 13 are not allowed use of the indoor pools except during swim lessons (with parental/legal guardian supervision).
- Children under the age of 13 are not allowed use of the saunas at any time.
- Modest attire is required. If management deems attire is not appropriate for our family-friendly environment, the member/guest may be asked to change.
- Shower prior to entering the pools to help keep the pool water more stable.
- Food, drinks and gum are not permitted in the pool areas.
- Running and horseplay will not be permitted on the pool deck or in the pools.
- Diving is not permitted.
- Adult or children swim diapers are not allowed in the pools.
- Any person with open sores, cuts or wearing bandages is not allowed use of the pools or saunas.
- Any person with infected eyes, or showing symptoms of colds/coughs is not allowed use of the pools or saunas.
- Wellness Center staff is restricted from helping members in and out of the pools. If assistance is required, member/guest must register and sign a waiver at the Front Desk.
- Members/guests requiring use of the pool chair must demonstrate safe self-use and/or provide for their own assistance (signed liability waiver required). If the person assisting is not a Wellness Center member, they are not allowed usage of the center, including the pools. Wellness Center staff will demonstrate proper chair operation as needed, but are not able to directly assist members on a general basis.
- Children under the age of 13 are not allowed in the women's or men's locker rooms. Please use the family/assisted restroom/changing areas just outside the therapy pool (past the main staircase and down the hallway on the right).

### LAP POOL

The lap pool has four lanes available during regular Wellness Center hours. Please be courteous to other members/guests when space is limited. During scheduled group fitness classes and swim lessons, some lanes may not be available. Please check the group fitness schedule for class days/times.

- Use caution and follow all posted pool rules at all times.
- Members/guests are subject to all aquatics policies and procedures.
- Please be willing to share a lane with other swimmers.
- If two people are swimming in a lane, please split the lane evenly.
- If three or more are sharing a lane, circle swimming is encouraged.
- During select scheduled group fitness classes, one or two lanes will remain open for lap swimming.
- Children under the age of 13 are not allowed in the women's or men's locker rooms. Please use the family/assisted restroom/changing areas just outside the therapy pool (past the main staircase and down the hallway on the right).

### THERAPY POOL & SAUNA

The warm-water therapy pool and the dry saunas are amenities that promote relaxation for those without contraindications to heated environments of this nature.

- Use caution and follow all posted pool rules at all times.
- Members/guests are subject to all aquatics policies and procedures.
- Children under 13 are not allowed in the therapy pool.
- Children under the age of 13 are not allowed use of the saunas at any time.
- Do not submerge head under the water in the therapy pool.
- Members/guests with elevated blood pressure, heart problems, known heart disease or atherosclerosis, diabetes, obesity, kidney disease or other vascular problems, should check with a doctor prior to using the therapy pool or sauna.
- Pregnant women should check with their physician prior to using the therapy pool or sauna. It is recommended that usage be limited to brief periods of no more than 10 minutes.
- If experiencing any discomfort, dizziness, nausea, hot/cold chills or headaches, discontinue use of the therapy pool or sauna immediately and alert a Wellness Center staff member.
- Children under the age of 13 are not allowed in the women's or men's locker rooms. Please use the family/assisted restroom/changing areas just outside the therapy pool (past the main staircase and down the hallway on the right).
- Out of respect for others, please do not place gym shoes on sauna bench.
- Use of oils in the sauna is restricted.

**SWIM LESSONS** Swim lessons are conducted in the lap pool under the supervision of a Wellness Center swim instructor. Children are not allowed to enter the pool without the instructor present. Individuals for swim lessons must check in at the front desk.

**GROUP FITNESS AQUA CLASSES** Aqua group fitness classes are scheduled weekly in the lap pool including Aqua Zumba, Deep Water and Splash Fitness. Aqua Arthritis takes place in the therapy pool and requires booking through the Mywellness App.

- Use caution and follow all posted pool rules at all times.
- Members/guests are subject to all aquatics policies and procedures.
- All regular aqua group fitness classes are included with Wellness Center membership. Specialty classes may be offered on occasion for an additional fee.
- The monthly group fitness schedule is available at the Wellness Center, on our website and on the Wellness Center Facebook page.
- Class size is limited, and bookings must be scheduled through the Mywellness App. Members must arrive to class on time or reserved booking may be lost to another member on the wait list. ■

The security and well-being of your children is our primary concern. The Kids Club area is confined, secure, locked from the outside and maintained with operable security cameras. Sitting services are available only during the parents' visit to the Wellness Center. Parents/guardians must remain within the Wellness Center facilities while their child is in the Kids Club.

Kids Club is a fee-based amenity. Hourly or monthly rates apply; monthly rates vary per number of children and may be added to monthly membership dues payable via electronic fund transfers. See Kids Club for current rates.

- Sitting service is available for children ages three months to 12 years.
- Pants/shorts and shirts must be worn at all times. Shoes are required for walking children; socks are required for crawling infants.
- All children must be signed in at the Kids Club desk by their parent/guardian. The person checking the child in must be the same person checking the child out.
- On first visit, parent/guardian must complete an information form. Photos and a copy of the parent/guardian's driver's license and a photo of each child is kept on file.
- Services are limited to two hours per day, per child. Charges of \$1 per minute per child will apply after two hour limit.
- Occupancy capacity is set by safety regulations. During times of high volume, Kids Club may be temporarily closed. Names will be placed on a waiting list for the next available space.
- Children must be free from communicable diseases, viruses, rashes, infections, etc. Use of Kids Club may be denied if child shows any indication of cold/flu symptoms or fevers 100° or higher.
- Parents must communicate to staff whether or not the child is toilet trained. Children must be able to pull down/up clothing and to potty independently. Kids Club staff is prohibited from changing diapers or clothing. Parent/guardian will be contacted if needed.
- Personal blankets are not allowed; sanitized blankets will be provided. Personal bottles/bags must be labeled with child's name. Pacifiers must be attached to the child's shirt or bib.
- Kids Club provides activities and games. Computers are available (content restricted). Outside toys/games/ and activities are not permitted.
- Kids Club staff is prohibited from providing food or drink. Outside food is not permitted. Parents will be responsible for any feeding necessities of infants.
- Parents will be notified if their child displays behavioral problems that may harm another child. Should the issue persist, parents will be asked to remove their child. Suspension is at the discretion of management.
- It may be necessary for staff to contact parent/guardian. The first attempt is via call; second attempt is via Wellness Center staff member; third attempt via intercom paging system.
- Kids Club may not always be able to accommodate special needs children. Please see Kids Club staff to discuss specific needs. ■

# Personal Training

## WELLNESS CENTER SERVICES

Personal Training provides individualized instruction, education and evaluation of fitness routines. The Wellness Center certified personal trainers and exercise physiologists teach safe, research-driven techniques to offer guidance and motivation to help members/guests reach their goals. All personal training programs are fee-based. See the Fitness Desk for list of services, programs and pricing.

### SPECIAL OFFER TO NEW MEMBERS . . . A GREAT VALUE

#### JUMP START PACKAGES

The Wellness Center Jump Start can help shake up your routine or get past a plateau. Includes two 55-minute sessions with a certified trainer and one 60 minute session with our registered dietitian nutritionist to customize a fitness program to meet your goals.

A \$217 value for just \$129.

### SMALL GROUP & SPECIALIZED FITNESS

The Wellness Center offers other personal training options, including special team challenges and programs throughout the year. See Fitness Desk for program details, schedules and rates.

- Small-Group Training: Intimate classes, group energy, individual results. Exercises integrating rowers, treadmills, TRX, cables, dumbbells, kettle bells, body weight and more.
- Youth Fitness Program: Turn up the energy, watch for the results. Open to all kids ages 8-12.
- VO2 Max Testing: Determine the precise target heart rates that will optimize each level of exercise and maximize results for fat burning, endurance training or cardio conditioning.

## Wellness Center Personal Trainers Expertise Focused On Your Needs

All personal trainers at the Wellness Center are nationally certified and degreed in Exercise Science, many have advanced degrees. To best serve our members, each trainer offers specialized areas of expertise, including:

- Weight management
- General conditioning
- Functional training
- Corrective exercise
- Injury prevention
- Core and lower back strength
- Sport-specific training
- Youth fitness
- Senior populations
- Chronic health conditions
- Cancer wellness coaching
- Post physical rehab
- TRX training
- Small-group training

Be sure to check out the personal trainer bios on the fitness floor.



As part of our comprehensive approach to wellness, nutrition coaching is available from the Wellness Center's registered dietitian nutritionist (RDN/LDN). The Wellness Center offers a variety of nutrition services including one-on-one consultations, family sessions, weight-loss programs, metabolic testing and more. All nutrition services are fee-based. See the Fitness Desk for services, programs and pricing.

### METABOLIC TESTING

Identify specific daily caloric needs with one simple breathing test, then build a solid nutrition program that supports personal fitness goals.

### TANITA ANALYSIS

This detailed whole-body composition analysis measures body weight, muscle mass, percent body fat, bone mass and much more.

### KIDSHAPE 2.0

A fun-filled, interactive weight-management program that helps kids and their families learn to make healthy behavior changes. The six-week program includes activities led by a personal trainer with nutrition coaching from our registered dietitian nutritionists. Open to kids ages 6-12 who are in the 85th percentile (or higher) for BMI. See the Fitness Desk for program cost, dates and times.



## Healthy Happenings

### WELLNESS EDUCATION

#### HEALTHY HAPPENINGS

Healthy Happenings is a series of educational programs, screenings and events presented throughout the year. Most seminars and programs are held onsite at the Wellness Center or at AdventHealth Wesley Chapel. All events are open to the public and require advanced registration. All events are free unless otherwise noted. Register online at [AHWesleyChapel.com/Events](http://AHWesleyChapel.com/Events)

- Quarterly educational events
- Monthly wellness seminars and workshops
- CREATION Life seminar series
- Healthy eating and cooking demonstrations

#### CREATION Life

CREATION Life is a faith-based wellness plan complete with lifestyle seminars for those who want to live healthier and happier lives and share this unique whole-person health philosophy. The Wellness Center offers seminars based on the eight principles of CREATION Life: Choice, Rest, Environment, Activity, Trust, Interpersonal Relationships, Outlook and Nutrition. Seminars are presented throughout the year and are free and open to the public. Register online at [AHWesleyChapel.com/Events](http://AHWesleyChapel.com/Events)

## CREATION Life

Visit at [AHWesleyChapel.com/Events](http://AHWesleyChapel.com/Events) for a current listing of events.

## Clinical Services

### ADVENTHEALTH WESLEY CHAPEL

As an extension of AdventHealth Wesley Chapel, the Wellness Center is part of the care continuum for patients with orthopedic or other health conditions. The Wellness Center is a medically based fitness center assisting patients with a smooth transition from monitored, clinical care to unmonitored self-care. Our exercise physiologists provide a full fitness assessment to determine where focus is needed for continued improvements.

#### EXERCISE IS MEDICINE®

The Wellness Center offers the American College of Sports Medicine (ACSM) Exercise is Medicine® fitness and education programs. The programs are designed for patients with special conditions including arthritis, cancer and diabetes. The Exercise is Medicine program is fee-based, call (813) 929-5374 for more information.

#### WELL ON YOUR WAY: DIABETES INTERVENTION

This FREE program provides the next step in controlling diabetes and making long-term health improvements. The 12-week program is led by our exercise physiologist and registered dietitian nutritionist.

Call (813) 929-5374 or email [WCHWellOnYourWay@adventhealth.com](mailto:WCHWellOnYourWay@adventhealth.com) for more information.

*Well On Your Way is funded by AdventHealth Wesley Chapel.*

#### VITALITY CANCER+EXERCISE

Designed specifically for cancer survivors, this FREE exercise and education program helps reduce fatigue, increase exercise endurance and enhance quality of life. The 12-week program is led by a certified personal trainer/wellness coach and a Registered Dietitian Nutritionist.

Call (813) 929-5375 or email [WCHvitality@adventhealth.com](mailto:WCHvitality@adventhealth.com) for more information.

*Vitality is funded by AdventHealth Wesley Chapel Foundation.*

#### OTHER MEDICAL SERVICES LOCATED IN THE WELLNESS PLAZA

- Breast Surgeon
- General Surgeons
- Inspiration Place (women's health center)
- Inspiration Place Spa
- OB-GYN
- Outpatient Rehabilitation
- Primary Care Physicians
- Pulmonology
- Urology
- Women's Imaging Services
- Pediatric

# Wellness Center Fit Fresh Café

## FOOD SERVICE

### FIT FRESH CAFE

The Fit Fresh Café, located in the Wellness Center lobby, is open during regular hours and welcomes the public. Pick up a snack or treat yourself to custom-made smoothies, featuring a variety of fruits, veggies and juices – low-fat or low-cal options available.



## HOURS OF OPERATION

### WELLNESS CENTER CAFE

MON - THURS | 6 a.m. – 9 p.m

FRI | 6 a.m. – 7 p.m

SAT & SUN | 8 a.m. – 4 p.m





## This Way to Health & Wellness

The Wellness Center at AdventHealth Wesley Chapel provides the highest quality services and amenities for our members, guests and their families. This includes fitness, wellness and enrichment for the body, mind and spirit.



2700 Healing Way, Suite 101  
Wesley Chapel, FL 33543  
PHONE (813) 929-5252 | FAX (813) 929-5251  
AHWCwellness.com

