

Membership Guidelines



The Health and Fitness Center

The Health and Fitness Center

Our partnership with you is based upon the belief that complete wellness is the balance of the body and mind. The Health and Fitness Center is an integral part of the Healthpark. You'll find yourself participating more in life when you make the Health and Fitness Center a part of your new healthy lifestyle. Members can enjoy doing laps in our regulation size pool or on the running/walking track. The Health and Fitness Center gives you the opportunity to achieve your personal best through individualized health programs. You'll be guided by fitness coaches on the most technologically advanced exercise equipment. These are just a few membership benefits of the Healthpark Health and Fitness Center.

Membership Categories at the Healthpark Health and Fitness Center:

- Primary Member
- Associate Member (Spouse of Primary Member)
- Additional Family Member(s) (Dependents 13-26 years of age)

A one-time enrollment fee is paid at the beginning of your membership. A monthly fee is paid as long as your membership continues.

The Health and Fitness Center Includes:

- 110,000 sq. ft. facility
- 1/10 mile indoor walking/running track with cushioned surface
- Aerobic studios featuring shock-reducing floors, climate control and state-of-the-art sound system
- Training area featuring cardiovascular and strength training equipment and free weights
- 10-lane, 25 yard indoor swimming pool
- Warm water exercise therapy pool for arthritis and other programs
- Gymnasium with cushioned hardwood floors
- Men's and women's locker rooms with daily and permanent full-length lockers. Each locker room includes individual showers, wet sauna, whirlpool spa, towel service and toiletries
- Family and team locker rooms
- Convenient childcare service for members/patients
- Café

Healthpark Hours of Operation*

Monday - Thursday 5 a.m. - 10 p.m.

Friday..... 5 a.m. - 8 p.m.

Saturday..... 7 a.m. - 7 p.m.

Sunday Noon - 7 p.m.

**The pool area will close one hour prior to the facility closing. The Healthpark is closed on Easter, Thanksgiving and Christmas. Additional holiday hours will be posted. Inclement weather closing notices will be communicated as warranted for the safety of our members and staff.*

CornerStone Cafe Hours

Monday - Friday 7 a.m. - 1:30 p.m.

Family Times

Family Times are available for our members to bring their children, ages 12 and under to make use of any amenity on the first floor – our two pools, gym or table tennis. Parents must stay with children during this time.

Wednesday & Friday 5 p.m. - 7 p.m.

Saturday & Sunday..... Noon - 4 p.m.

Playpark Hours

For children 6 weeks to 12 years old.

Monday - Friday 8 a.m. - 7 p.m.

Saturday..... 8 a.m. - Noon



Membership Information

Membership Enrollment Fee (Paid in full when joining)

- Primary Member.....\$65
- Associate Member
(Spouse of Primary Member).....\$40
- Additional Family Members(s)
(Dependents 13-26 years of age)\$25

Monthly Membership Fees

- Primary Member.....\$59
- Associate Member
(Spouse of Primary Member).....\$49
- Additional Family Members
(Dependents 13-26 years of age)\$29*

*These rates include all additional family members (not a per person fee).

**Junior Membership available for ages 10-12 with restrictions. See Membership Services for more details.

Methods of Payment

Enrollment fees are paid at the beginning of your membership. If you cancel your membership at any time and decide to rejoin at a later date, you will be subject to another enrollment fee.

Monthly membership fees may be paid by any one of the following: Electronic Funds Transfer from a checking account or VISA, Discover, Mastercard or American Express credit cards. You may make annual payments in advance with cash, check or credit card.

Enrollment Fee and Monthly Fee Includes:

- Fitness assessment and individualized exercise prescription
- Complete Health and Fitness Center orientation
- Access to all cardiovascular and strength training equipment
- 1/10 mile indoor track
- Aerobic classes
- Rogue Room
- Gymnasium area
- Aquatics area
- Locker room facilities and amenities
- Supervision by clinically trained fitness experts
- Child Care*

*Child care service is available for a nominal fee. Reservations are highly recommended with a maximum stay of 2 hours. Parents must be using the facility at the time of service.

Personal trainers are available at an additional cost. Please check with Healthpark Health and Fitness Center staff for details.

The Healthpark offers additional services which may help you achieve your personal wellness goals.

Ask our staff about the Health Resource Center, the Chapel, the Outpatient Diagnostic Center and our Physician Offices.

Prices, programs, program schedules and hours of operation are subject to change.

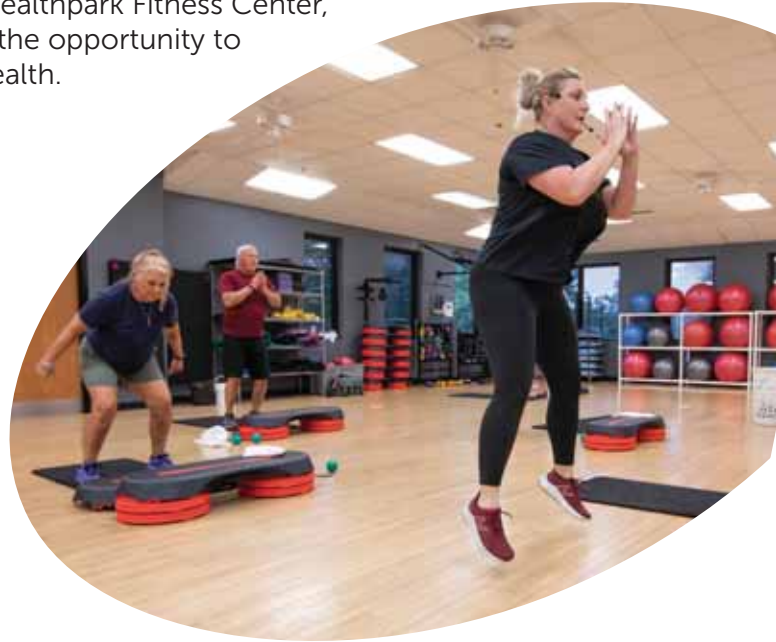
Membership Guidelines

Welcome to the Healthpark! Thank you for choosing the Healthpark Fitness Center, Owensboro's only medical-based fitness facility. We value the opportunity to assist you in your efforts to move forward to better your health.

Our goal is to provide each member with:

- A clean, well-maintained facility
- Qualified and motivated staff who are eager to help you achieve your fitness goals
- State-of-the-art exercise equipment
- A variety of quality programs and services to benefit members of all fitness levels

The following guidelines have been developed to ensure a comfortable, safe environment for all members and guests. The Healthpark reserves the right to amend any guidelines if necessary. If you have any questions, please talk with a member of our staff.



General Rules and Guidelines

The Healthpark is a facility provided for the enjoyment of all members. Proper etiquette, language and courtesy are to be observed by members and guests at all times. Healthpark management reserves the right to terminate privileges of membership for anyone who becomes disruptive.

Entry and exit of the Health and Fitness Center must always be made through the designated main entrance and exit. Proper identification is required to gain access to the fitness center.

All members and participants use the Healthpark facility at their own risk. The Healthpark is not responsible for any pre-existing conditions or injuries sustained while using the facility. Physician consultation and consent before beginning an exercise program is strongly encouraged and in some instances, required. The Healthpark recommends that any individual in strenuous activity to carry appropriate identification in the case of an emergency.

The use of all facilities is subject to posted rules and policies. (Rules contained herein are not inclusive.) Amendments to the Member Guidelines may be made anytime deemed necessary. For questions regarding the interpretation of Member Guidelines, the decision of Healthpark management is final.

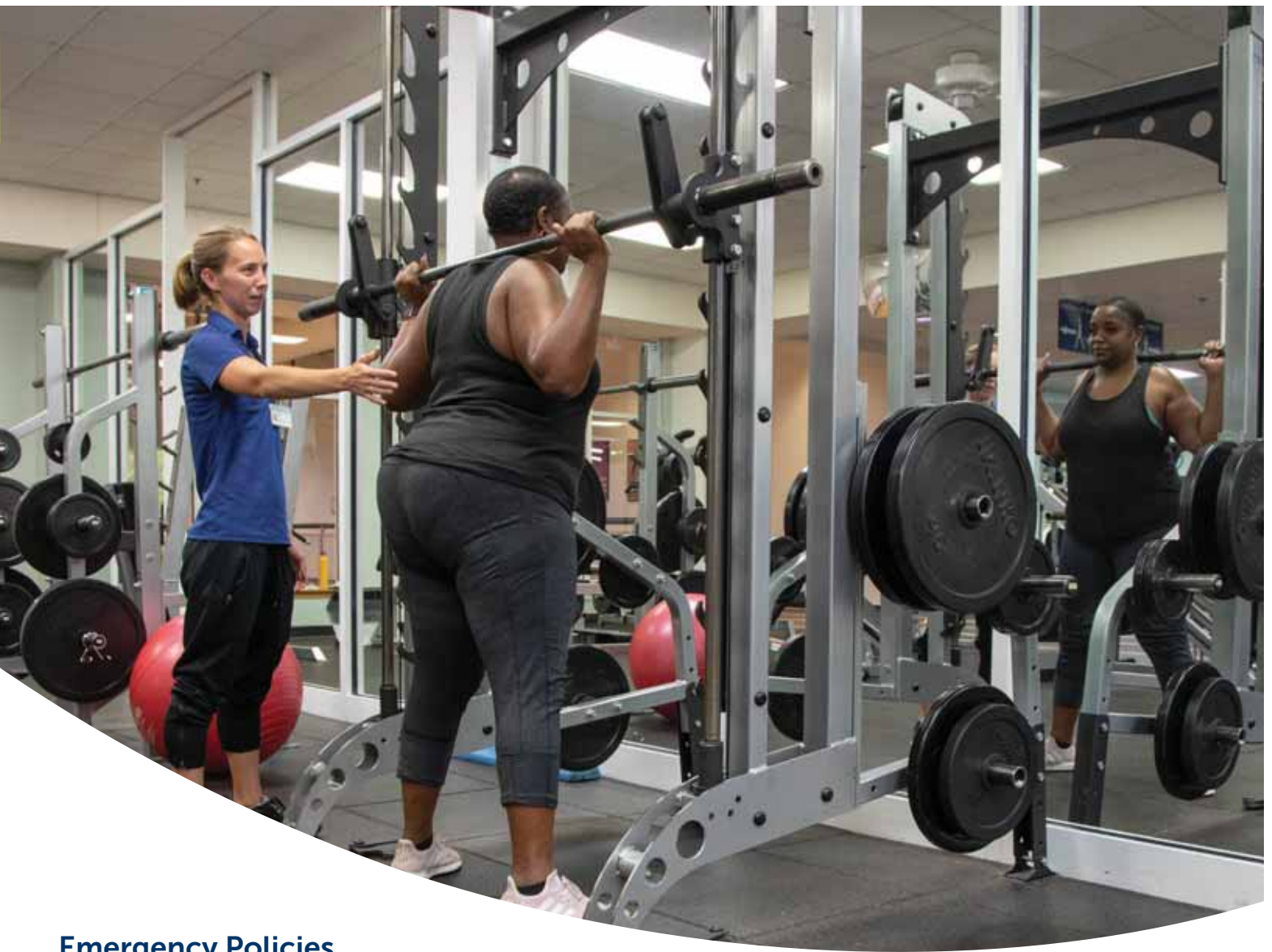
Owensboro Health maintains a tobacco-free campus. Smoking and E-cigs are not permitted on the Healthpark premises, including the sidewalks surrounding the property. In addition, chewing or spitting tobacco is not allowed—in the locker rooms, fitness floor or anywhere.

Alcohol is not allowed on the premises. No eating or drinking except in designated areas.

Weapons are never permitted on Healthpark property, with exception of public law enforcement officials. Weapons are defined as any firearm, knife, club or device that could cause bodily harm or injury. If you have a license to carry a concealed weapon, the weapon is not permitted on the property. No animals or pets of any kind are permitted in any area of the Healthpark except approved for special circumstances.

Respect of all Healthpark property should be observed at all times. Abuse or intentional misuse of equipment within the facility is prohibited and may result in membership suspension or termination. Members are asked to respect the rights of other participants. Please display good sportsmanship and manners, so that the participation in the facility is enjoyable and safe.

The Healthpark reserves the right to suspend use of equipment and areas of the facility to perform necessary maintenance and provide seminars or other special events. It is our intent to inform members of special events two weeks in advance. We are dedicated to providing quality service to our members; we will attempt to make any repairs or facility closures with as little disruption as possible.



Emergency Policies

- **EMERGENCY PULL CORDS** are clearly marked and are located in numerous areas throughout the facility including both men's and women's whirlpool areas, therapy pool and competition pool areas on the first floor. Emergency phones are also located in the competition pool and therapy pool areas. Second floor pull cords are located on the fitness floor, within the track area. Third floor pull cords can be found in each fitness studio. Members and staff may pull the cords in the event of an emergency to activate facility procedure for emergency assistance needed from staff.
- **INJURIES** – Please report all injuries to the front desk.
- **FIRE SAFETY** – Upon activation of the fire alarm system, a "Code Red" announcement will be made on the overhead speaker system alerting members and staff of location. Further instructions will follow overhead for safe evacuation of the building. Elevators should never be used in the event of a fire, emergency exits are clearly marked.
- **EVACUATION MAPS** are located at each stairwell directing facility users to safe evacuation routes.
- **INCLEMENT WEATHER POLICY** - In the event of inclement weather affecting road conditions, Healthpark management will make a decision regarding canceling classes or varying operating hours. Any changes to normal operations will be posted on OwensboroHealth.org/Weather, Facebook and via Healthpark text. Efforts will be made to communicate the changes prior to opening the following morning when possible.
- **SEVERE WEATHER** - In the event of severe weather, announcements will be made on the overhead speaker system alerting members and staff to report to Severe Weather Safe areas located in the men's and women's locker rooms or Classrooms A and B on the first floor. These areas are marked with appropriate signage.

Guest Policies

- Daily, weekly and monthly guest passes may be purchased at the front desk.
- All guests must check in at the front desk, complete a Pre Participation Screening Form and provide a picture ID prior to use of the facility.
- Violation of Healthpark rules is grounds for losing current and/or future guest privileges. Members are responsible for their guests' behavior during their visits.

Payment

- We accept cash, checks, Visa, MasterCard, American Express and Discover.
- Healthpark gift cards are also available for purchase towards most programs or services.
- The Healthpark is not responsible for lost or stolen gift cards.
- Members may have monthly fees paid by a draft, bank account or charge to a card.
- Members may also charge programs or services to their accounts, to limit the need for bringing cash into the facility. Charging capabilities require a payment method on file. (See Membership Services for more information.)
- Request for refunds or credits due as a result of errors must be made to the Business Office within 90 days after the charge is assessed.

Parking Area

- A bike rack is available near the entrance. All bikes should be locked while not attended.
- The use of skateboards, rollerblades, and rollerskates are not allowed inside of the facility.
- The Healthpark is not responsible for damage or theft of bikes, automobiles or contents.

Telephones

- For your convenience a telephone is provided in the front lobby area. Dial 9 for an outside line. Local calls only.
- Healthpark staff are not responsible for incoming calls to members.

Cell Phones

- **CELL PHONE CAMERAS OR OTHER RECORDING DEVICES MAY NOT BE USED IN ANY PART OF THE FACILITY.**
- As a courtesy to all members, please turn your ringer to silent or vibrate if you intend to use your cell phone in the facility.

WiFi

- The Healthpark provides complimentary WiFi access for members. Patrons are required to agree to the terms of use in order to connect their wireless devices to the Owensboro Health Guest Network.

Member Comments and Suggestions

- The Healthpark welcomes all feedback from our members. A comment/suggestion box is located on the first floor behind the front desk.
- The Healthpark conducts annual surveys to collect feedback on member satisfaction and suggestions for improvements.

No photography or video is permitted anywhere on the Healthpark property without prior authorization from management.



Dress Code

- We ask that your clothing be appropriate for families with young children. Any attire considered offensive or inappropriate by Healthpark management will be prohibited.
- Closed-toe athletic shoes are required for exercise activities. Slippers, sandals, and muddy shoes or boots are not permitted.
- Only non-marking shoes are allowed in the activity areas of the building. Soiled shoes are not permitted.
- Shirts are required and must be worn in all areas of the facility except for the pool and locker room areas.
- Cut off shirts, jog bras or shirts with the sides cut out are not appropriate for the Healthpark.
- Clothing bearing alcohol or cigarette ads, inappropriate designs or offensive comments are not permitted.
- Water shoes are recommended in the locker rooms, shower areas and pool area where surfaces could be wet.
- **Appropriate swimwear required. One piece swimsuits preferred. Two piece swimsuits with exposed midriff are not allowed.**

Lost and Found

- Items in the Healthpark lost and found bin will be stored for 30 days before being donated to a charitable organization or discarded. It is the member's responsibility to claim lost items. Unclaimed items (headphones, swim goggles, etc.) are not available for use by other members. The Owensboro Health Healthpark is not responsible for lost or stolen items.

Family Time

- Family Time is available during designated times throughout the week for members' children and grandchildren ages 12 and under.
- The lap pool, therapy pool, gymnasium and ping-pong table are available for Family Time use.
- Parents must remain with children at all times.
- Children 12 and under are not permitted in the main locker room areas. The family and team locker rooms are available for all Family Time participants.
- Children who are not toilet trained must wear a swim diaper and bathing suit.

- All children who are unable to swim the length of the pool must remain within an arm's length of an adult. **Parents are to remain with children at all times.**
- Kickboards and noodles are available for use during family time. Other water aerobic equipment is used during class time only.

Playpark Childcare Services

- The Playpark childcare service is available for Healthpark members' children, grandchildren or those in their care, ages 6 weeks to 12 years.
- Services are available for two-hour increments, not to exceed two visits per day.
- Reservations are highly recommended and can be made by calling 270-688-4775.
- Reservations will take priority over walk-ins.
- See a Healthpark staff member for information on pricing.
- Parents are asked to provide diapers, wipes, etc. for diapering as appropriate.
- Children should be fed prior to arrival as staff cannot feed infants or toddlers.
- Due to allergies, food is not permitted past the front lobby area of the Playpark.
- Drinks are permitted in spill-proof cups and must be marked with child's name.
- A "Family Welcome Packet" with additional information will be provided for each family upon initial use of Playpark services.





Locker Rooms

- Camera phone use is prohibited in all locker room areas.
- Young guests (6 weeks to 12 years) must use the family or team locker room areas during specified Family Time activities.
- Permanent lockers are available for a monthly fee and include laundry services for workout apparel or swimwear.
- Bath towels and hand towels are available for member use. Please return all towels to the designated towel bins prior to leaving. Limit two towels per member.
- Please place coats and other excess clothing in lockers or on provided coat racks.
- Healthpark advises that members and visitors not leave money or valuables in lockers or unattended while using the facility. The Healthpark is not responsible for lost or stolen items.

*Locker rooms
are available for
members and guests
ages 13 and older.*

Steam Rooms, Whirlpools and Showers

- In accordance with the American College of Sports Medicine and Kentucky Department of Health guidelines, temperatures will be maintained at 100-110° in the steam rooms and 104° in the whirlpool spas.
- Water shoes are recommended in wet areas to prevent falls.
- Everyone must shower before entering the steam room or whirlpool.
- Pregnant women, the elderly and members who have heart disease, diabetes or high or low blood pressure should not use the steam room or whirlpool without prior consent from a physician.
- For optimal safety, we recommend that you not use the steam room or whirlpool alone.
- Shaving and bathing are prohibited in the steam room and whirlpool.
- Swimwear is required to utilize the whirlpool and steam room.
- Allow yourself at least five minutes after exercising to cool down before entering the steam room or whirlpool.
- Observe reasonable time of 10-15 minutes, then leave the steam room or whirlpool and cool down before returning for another brief stay.
- Long exposure may cause nausea, dizziness or fainting.
- Newspapers, books and other reading materials are not permitted in steam room or whirlpool.

Lap/Competition Pool Guidelines

- You must be 13 years of age or older to swim alone.
- Unsupervised use for children 12 and under is prohibited.
- All participants must shower before entering either pool.
- Running, pushing, dunking, throwing or any type of horseplay is prohibited.
- Food, drinks (except water) and chewing gum are prohibited.
- Lifeguards are staffed at all times.
- Diving is prohibited in both the lap and therapy pools except during supervised organized activities.
- Hanging on lane dividers is prohibited.
- Pool supplies, including kickboards, noodles, pull buoys and fins, are available for class and leisure. Fins are to be used only for lap swimming.
- Only US Coast Guard approved PFD (personal flotation devices) life jackets are allowed.
- Water wings or flotation vests are not permitted. These items are not approved floatation devices and can be dangerous if they become deflated.
- All children who are unable to swim the length of the pool must remain within an arm's length of an adult.
- A handicap lift is available. Please read the instructions and ask a staff member for assistance if you need help.
- Pool exit doors should be used for emergency only.
- The competition pool temperature is kept between 80-82°.
- Swimming alone is not recommended.

Chairlift Procedures

The chairlift is designed for members and guests who need assistance entering and exiting the pool. Please see a Healthpark staff member for information on our assistance policy.

Warm Water Therapy Pool Guidelines

- The same policies as the lap/competition pool apply.
- In addition: therapy pool temperature ranges from 86 to 88°. This temperature is recommended by Aquatic Exercise Association and is the national standard for aquatic exercise and state health department.
- The warm water therapy pool is designated to serve the following purposes:
 - Therapeutic group exercise classes
 - Private and group swim lessons
 - Physical Therapy (one-on-one with a physical therapist)
 - Individuals performing exercises of a therapeutic nature
 - Family Time use

Swimming Attire

- Appropriate swimming attire is required. One piece swimsuits preferred. Two piece swimsuits with exposed midriff are not allowed.
- Prohibited attire includes: Brazil/French cut and/or translucent swim wear, street clothes that retain water, undergarments, thongs and compression shorts.
- If you wear any of said prohibited attire, you will be asked to change into appropriate swimwear or not use pool area until appropriate swimwear is obtained.
- Water shoes are strongly recommended when in wet areas.
- Our policies and procedures are designed to meet the needs of as many individuals as possible.
- Children and adults wearing diapers must wear appropriate swim diapers while in the pool.





Fitness Equipment Usage

- All equipment must be cleaned immediately after use. Wipes with disinfectant are provided for this purpose. (This is to help prevent the spread of germs and to prevent damage to the machines and upholstery.)
- Spotters are recommended when doing heavy weightlifting. Our staff is also available for assistance.
- Please share the equipment and offer others to switch equipment/machines between sets with other members.
- Please return all weights to plate trees when finished.
- Please do not drop or abuse weights, bars or equipment. Most importantly, please be considerate of others exercising around you.

Personal Training

- Personal training services are available to members and non-members on both land and in the water (additional fees apply).
- The fitness supervisor will assist clients in selecting a trainer.
- If you need to cancel an appointment, please notify your trainer within four hours of the scheduled session to assure availability for other guests. Missed appointments are subject to full payment for services scheduled.
- No external personal trainers are permitted to train at the Healthpark, only Healthpark staff.
- Personal training sessions expire 1-year after purchase.

Online Class Registration

Online class signups for land and water classes are required to ensure you have a reserved spot in the class. Information to download the Healthpark member portal and step-by-step instructions to sign up for classes is available at the front desk.

Massage Therapy Services

- Massage therapy is available for members and non-members.
- Please arrive 10 minutes before your appointment and 15 minutes before your first visit. Massages will end at the scheduled time so the next guest will not be delayed.
- If you need to cancel an appointment, please notify us within four hours of the appointment so we can assure availability for other guests. Missed appointments are subject to full payment for services scheduled.
- Undergarments may be worn during treatments. Massage therapists are trained in correct draping procedures so your privacy will not be compromised.
- Please help us maintain a peaceful atmosphere by turning off cell phones or switching them to silent or vibrate mode.

Zero Tolerance Policy

- The "Zero Tolerance Policy" exists regarding any behavior that does not fall within Healthpark guidelines. Please be aware that the behaviors and actions listed below will not be tolerated at this facility and will result in automatic suspension or removal from the Healthpark.
- Disrespect, including use of profanity, rowdy behavior, harassment or threats made toward staff or others. Yelling, fighting, littering, teasing, bullying, use of offensive language, inappropriate touch or wearing offensive attire.
- Defacing, destroying or stealing.
- Allowing or assisting non-members to gain entry to the facility through unauthorized entrances.
- Ignoring the instructions of the Healthpark Management team or staff.
- Any solicitation or illegal activity.
- The Healthpark staff reserves the right to determine inappropriate behavior. We greatly appreciate your cooperation in working with our staff in trying to take proactive measures to maintain stability and comfortable conditions within our facility for all members.

Healthpark Staff



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OwensboroHealth.org/Healthpark | 270-688-5433

For exercise tips follow us on:



The Healthpark is a member of the Medical Fitness Association – a not-for-profit member organization, whose purpose is to lead in the development and operational success of medically integrated fitness centers by providing research, industry standards, operational guidelines, educational programming, benchmarking, outcome measurements and professional development.