**The Elmwood Fitness Center**

**A Rehabilitation and Exercise Facility**

**245 Mountain Avenue, Elmwood, CA • Tel: 415-555-3242 • www.elmwoodfitness.com**

## Welcome to the Elmwood Fitness Center

The Elmwood Fitness Center’s goal is simple: to provide a state-of-the-art exercise facility staffed by highly-skilled professionals in a supportive, healthful environment. By making a commitment to a healthier lifestyle, we believe members will experience an enriched quality of life. Our professional and compassionate staff looks forward to helping you reach your goals and realize the positive results of improving your health.

### Benefits of Exercise

Study after study shows that regular physical activity – even at moderate levels – reduces the risk of heart disease, cancer, high blood pressure and obesity, and enhances physical and mental functioning.

Despite this, a report from the Centers for Disease Control and Prevention (CDC) showed that 55% of American adults didn't move enough in 2010 to meet the minimum recommendation of 30 minutes of moderate physical activity on most days of the week. And a Gallup Health and Healthcare Survey found that just 45% of Americans regularly engaged in vigorous exercise in 2012 – down from 52% in 2010.

We believe the key is to find the right exercise for you. If it is fun, you are more likely to stay motivated.

### Getting Started

The path to a regular exercise routine has great rewards as well as roadblocks. Our goal is to help make it simple and safe – and give you motivation to push on. According to medical experts:

*Most adults need at least 30 minutes of moderate physical activity at least five days per week. Examples include walking briskly, mowing the lawn, dancing, swimming for recreation, or bicycling. Stretching and weight training can also strengthen your body and improve your fitness level. If you've been inactive for a while, use a sensible approach and start out slowly.*

Our staff is here to help you establish a safe, healthy, and fun fitness routine that meets your individual needs and goals.

### Tips for Staying Motivated

It seems that the most difficult part of starting or sticking to a fitness plan is just that, starting and sticking to it. Here are our tips for starting and maintaining a healthy exercise routine:

* **Find something you enjoy**. Take a dance class, learn to ski or swim, or try yoga or hiking. Try them all. Keep experimenting until you find an activity that moves you, mentally and physically.
* **Set goals.** Write them down, review them often, and be realistic. If you create specific, measureable, action-oriented goals, you chance of achieving them is greater. Be sure to set a time frame for achieving your goals.
* **Be a morning exerciser.** Statistics show that people are more likely to stick with a fitness program if they exercise first thing in the morning.
* **Schedule your workout.** Add workouts to your calendar as you would any other appointment. If you have to cancel your workout session, schedule it for another time instead of skipping it.
* **Have a partner.** Exercise can be very social, whether or not you are involved in a team sport. Sharing a commitment with a friend or spouse increases your commitment.
* **Reward yourself.** Rewards can inspire you to set small goals along the way to larger ones. So get new pair of sneakers when you’ve stuck with a program for twelve weeks, for example. Just make sure the rewards are not food related.
* **Chart your progress.** Start by getting a fitness assessment -- your weight, measurements, and BMI -- when you first begin a program. In three months, you'll see how much progress you made.
* **Try a mind-body approach.** Starting out with classes like yoga or Pilates, in which you focus on breathing and stretching, can give you a taste of exercise's feel-good benefits right off the bat. You feel an immediate stress release, and you may feel the benefits sooner without feeling the soreness that comes with strength training or cardio fitness programs.
* **Abandon the all-or-nothing approach.** If you don’t have an hour, do 30 minutes. If you work smart, you can reap the benefits from a 30-minute workout. And recognize you're fallible. If you miss a day or a week, don’t beat yourself up. Just get back into your routine and stop procrastinating.

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### Working with a Personal Trainer

Ready to maximize your workout? The Elmwood Fitness Center offers certified, professional trainers in both our fitness and aquatic departments. These experienced professionals will help you make the most of your precious workout time. Our trainers have a broad range of fitness expertise. Information on trainers and their specialties is available at the reception desk.

### Taking an Exercise Class

We offer a wide variety of fitness and aquatic classes for all abilities and ages. Classes are taught by certified instructors and are free to members. Class schedules are posted at the reception desk, in the locker rooms, and in the aquatic and aerobic areas.

***Hours of Operation***

**Monday – Friday:**

6:00 a.m. to 10:00 p.m.

**Saturday:**

7:00 a.m. to 10:00 p.m.

**Sunday:**

1:00 p.m. to 5:00 p.m.

## Facilities and Services

### Locker Rooms

Our locker rooms are clean, spacious, and well-equipped. Each locker area includes private showers, ample changing and grooming areas, sauna, and steam room. We encourage you to experience our sauna and steam rooms! Our complimentary amenities include towels, shampoo, conditioner, hair dryers, curling irons, and shaving crème. A bathing suit drying machine is also located in each locker room. These simple machines eliminate excess water and help prolong the life of your bathing suit. In addition, our lockers are equipped with an advanced keyless lock system, which ensures easy access to your belongings without having to worry about remembering your key or a lock combination. For your convenience, a limited number of individual lockers are available for rent on a monthly basis.

### Exercise rooms

Our three exercise rooms are equipped with a variety of state-of-the-art exercise equipment, including stationary bikes, treadmills, rowing machines, climbing machines, and weights.

### Aquatic area

The Elmwood Fitness Center has three pools that are open to all members:

* An 85°F lap pool
* A 96°F therapeutic pool that is used for water therapy and relaxation
* A 102°F whirlpool

### Heart-Smart Kiosk

The Heart-Smart Kiosk is located near the reception desk. The changing menu offers a variety of juices and items for healthy recharging!

### Classrooms

Elmwood Fitness Center classrooms are used for classes in aerobics, yoga, spinning, cardio-kickboxing, muscle toning, and other subjects. Class schedules are posted at the reception desk and in the aquatic and aerobic areas.

### Massage Therapy

You can expect the highest degree of professionalism from our dedicated team of massage therapists. All massage therapists are fully licensed and trained in a variety of therapeutic techniques. Whether you want a light Swedish massage for relaxation, a deep tissue sports massage following your workout, or a combination of techniques, you’ll love this approach to better health. Never had a massage? You don’t know what you’re missing. The reception desk has information on appointments, massage techniques, and gift certificates. Massages make great gifts!

### Community Education

The Elmwood Fitness Center offers a host of classes on health and wellness issues. Upcoming classes include:

* Proper nutrition
* Sports medicine
* Stress reduction
* Smoking cessation
* Weight loss
* Meditation
* Starting an exercise program
* Controlling blood pressure
* Asthma maintenance
* Healthy sleep habits

For further information, consult the monthly events calendar available at the reception desk.

## Membership

### Membership Rates

Membership in Elmwood Fitness requires payment of a one-time enrollment fee, plus a monthly membership fee. Enrollment includes:

* One hour assessment appointment
* Individualized fitness plan
* Facility orientation

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### Billing

For your convenience, we can automatically deduct membership dues from a credit or checking account on a monthly basis. Funds are withdrawn electronically on the third day of each month. A penalty is incurred for accounts with insufficient funds. Members who opt for statement billing will be billed every three months.

### Vacation Rates

Going away for several months? No problem. All we ask is that you let us know thirty days in advance. For 50% of your normal monthly rate, we will hold your membership in good standing. Memberships can be held for a minimum of one month and a maximum of three months.

### Membership Cards

Please be prepared to present your membership card to the reception desk when entering the Elmwood Fitness Center. If your card is lost, please notify the reception desk as soon as possible. Lost or stolen cards can be replaced with proper identification. Membership cards are not transferable.

### Guest Policies

We welcome member guests at any time. Please register your guests at the reception desk and allow a few extra minutes for your guest to complete a registration card. Each guest can access the facility twice in a six-month period. The charge for guests is $10 per visit.

### Cancellation of Membership

We request written notice of membership cancellation at least thirty days prior to the effective cancellation date. Though we’ll be sorry to see you go, we will cheerfully assist you with the cancellation process.