

The Club at St. Dominic's RULES AND REGULATIONS

The following Rules shall pertain to The Club at St. Dominic's (hereinafter, collectively and individually referred to as "The Club") and shall apply to all members and guests. All members and guests voluntarily choose to utilize The Club. Any fitness activity involves a potential risk for injury. Everyone should seek the advice of a physician prior to participating in any exercise activity. All members and guests utilizing The Club acknowledge the risks associated with the activities they choose to undertake at The Club and agree to do so at their own risk. The Club reserves the right to deny any person membership or access to The Club.

MEMBERSHIP

MEMBERSHIP TYPE

Individual Membership:

An individual membership consists of an adult (age 18 or older) who pays the joining fee and monthly dues (as determined by the membership code under which he/she joins The Club) who shall be classified as an Individual Member and have full use of The Club's facilities.

Family Membership:

Discounted rates for subsequent members from one family are available. To be eligible for these rates, the second and subsequent members must be either the spouse of the member or dependent(s)* between the ages of 18 and 22 who reside in the same household as the member. Once the dependent(s)* reaches the age of 23 or moves outside the household, he/she must change his/her membership to another qualifying membership.

* Defined by the IRS as dependent.

MEMBERSHIP CLASSIFICATIONS

Discounted rates are available for St. Dominic's employees, St. Dominic's medical staff and St. Dominic's board members, corporate clients, Cardiac and Outpatient Rehabilitation patients, New Directions for Over 55 members and students. Each membership code is defined as follows:

St. Dominic's Employees, Medical Staff and Board Members: These individuals must show identification as being a part of the St. Dominic's community. Discounted monthly rates are available for these individuals.

Corporate Clients: The appropriate Office Manager of a company can request a Corporate Membership package entitling its employees to discounted membership fees and monthly dues. Employees must apply for membership through his or her office manager. The company is responsible for payment of dues. To qualify for corporate rates, there must be three employees who are members of the Center at all times. The company shall be responsible for verification of employment of its employee/members when applying for Corporate Membership and periodically thereafter upon The Club's request.

New Directions for Over 55 Members: Individuals 55 years of age and older that are New Directions for Over 55 members are eligible for the senior citizen rate.

Students: Individuals, ages 18-30, who are currently enrolled full time in college are eligible for the Student Membership. The duration of a Student Membership is twelve months. There is no joining fee but must pay first month up front. At the end of the twelve-month period, the individual must re-qualify. A current student identification card and course schedule must be provided at the time of application (a copy

will be made). Additionally, a current student identification card and course schedule must be presented to the Front Desk staff upon renewal. All fees are subject to change and will be determined by management. Members will be promptly notified of any changes in the fee schedule.

First month's membership dues must be paid in full upon joining. Membership dues are drafted from their bank account monthly. Payments may be made in full for a minimum of 12 months. In addition, should the member's bank account information change, they are responsible for any balance on the account.

Furthermore, the member understands the membership charges does end with the completion of the first year and will need to re-qualify. All membership contracts are for the duration of 12 months; however, a membership may be cancelled if one of the following requirements are met:

- The member moves more than 25 miles outside the Jackson Metro area.
- The member is incapacitated by serious illness or injury to the extent it is impossible to make use of The Club.

Cardiac & Outpatient Rehabilitation: Cardiopulmonary Rehab patients who have completed Phase II of Rehab and graduates of Physical and Occupational Therapy who want to continue their maintenance program may join The Club at St. Dominic's at a discounted rate.

MEMBER POLICY AND PROCEDURES

Dues: The joining fee and the prorated first month's membership dues must be paid in full upon joining. Membership dues are drafted from their bank account monthly (payroll deductions are drafted biweekly). Payments may be made in full for a minimum of 12 months. In addition, should the member's bank account information change, they are responsible for any balance on the account. Furthermore, the member understands the membership charges do not end with changes in bank account/employee status, and they are responsible for such charges accrued during these periods until they have properly cancelled their membership (see Cancellation section).

Delinquency: Accounts 30 days or more overdue will be subject to having their membership suspended or cancelled at the discretion of the management.

Change in Personal Information: Members must present to The Club, in writing, any changes in personal information including: change of address, phone number, place of employment, emergency contact and medical conditions or medications.

Membership Status Change: When upgrading membership, members must pay the membership fee difference. Members may downgrade their membership at the beginning of the month but there will be no refunds of membership fees. New monthly dues will be charged accordingly. The member is responsible for informing The Club, in a timely manner, of a status change that would affect their membership status, so an adjustment can be made promptly. Failure to notify The Club of a status change is cause for revocation of the membership.

Cancellation: A membership may be cancelled only by returning all membership cards, completing a cancellation form within 30 days and bringing the account to a zero balance. Cancellation requests must be received before the 1st of the month prior to the month being requested for cancellation. Members are responsible for payment of monthly dues until membership is cancelled pursuant to the terms of this paragraph. If a member cancels they may rejoin within a 12-month period and pay a reinstatement fee. After 12 months the member will be required to pay the initiation fee. All membership contracts are for the duration of 12 months; however, a membership may be cancelled if one of the following requirements are met:

- The member moves more than 25 miles outside the Jackson Metro area.
- The member is incapacitated by serious illness or injury to the extent it is impossible to make use of The Club.

Freezes: Memberships (excludes student memberships) may be “frozen” and monthly dues reduced to a minimum handling charge during periods of forced inactivity for up to three months, provided all the following conditions are met:

- Must be The Club at St. Dominic member for three months.
- The membership account is paid up to date.
- The member is neither living nor working in the Jackson Metro area during the period or is incapacitated by serious illness or injury to the extent it is impossible to make use of The Club. You may be requested to provide documentation for a freeze to be granted.
- The proper Freeze Request Form is signed.
- Memberships can be frozen only once during a 12 month period.

Expulsion: A member may be expelled at the discretion of management. If such expulsion is for violation of any Rule, or for any other conduct deemed detrimental to the general welfare of The Club, the member’s enrollment fee shall be forfeited.

Monthly Fee Adjustments: It is our intent to keep the monthly fees at the lowest amount feasible, however, due to increased cost of services or goods, the monthly dues may be adjusted by management on a yearly basis.

HOUSE RULES

Checking-In: Members must enter and exit The Club through the main entrance located on the second level of the Dominican Plaza parking garage. Members must present their membership card each time they enter The Club (regardless of frequency of usage). This card is for the sole use by the member whose name appears on the card. Proper photo identification shall be furnished to the Front Desk staff upon request. A computerized membership card will be issued to the member within a reasonable time after joining.

Card Replacement: Report all lost cards immediately. Cost for replacement of a lost, stolen or destroyed card is \$10. Worn-out cards are replaced free of charge.

Security: During hours of operation, all members must enter and exit The Club through the Main entrance located on the second level of the Dominican Plaza parking garage. St. Dominic’s employees/medical staff may enter The Club through the main entrance of the Dominican Plaza or the crosswalk located on the fifth floor during hours of operation only. However, all members must check in at the Front Desk. For your safety and others, please do not cross any retractable barriers or space that is partitioned off.

Parking: Parking is available on the second floor of the parking garage adjacent to The Club at St. Dominic’s in the parking spaces marked “The Club Member/Patient.” These spaces are reserved exclusively for The Club at St. Dominic’s members. Handicap spaces are available at the front entrance of Dominican Plaza.

Conduct: Appropriate conduct with respect to rules of The Club, language, sportsmanship and general behavior is expected at all times. Inappropriate conduct of any type will not be tolerated and may result in termination of membership.

Tobacco Products, Firearms and Alcoholic Beverages: Tobacco products and firearms are not permitted anywhere in The Club or entrance area. Alcoholic beverages shall not be maintained or consumed in The Club, the entrance area or parking lots.

Beverage and Food: As a courtesy to our members, complimentary coffee and filtered water are available and conveniently located throughout The Club. However, consumption of food or drinks shall be restricted to the reception area.

Dress Code: Members must wear proper workout attire. No blue jeans are allowed. Men must wear a shirt while in The Club. Proper footwear is also required. While working out, members must wear closed-toed athletic shoes. Only aerobic/court shoes are allowed in the aerobics' studio. No heels or street shoes are allowed on the track. No street clothes, cutoffs, T-shirts or undergarments are permitted in the pool. Swim caps, goggles and aqua shoes are preferred, but not required.

Locker Rooms: Locker rooms offer private dressing areas, showers, large lounge areas with TVs, steam rooms and saunas. Complimentary hair dryers, towels and toiletries are provided for your use. There are lockers available for daily use free of charge. Lockers are provided for your convenience; however, The Club will not be responsible for valuables placed in lockers. In addition, monthly locker rentals are available.

Towels: Bath and pool towels are available for members. These towels are not to be taken out of the locker rooms, except to the swimming pools. Regular-sized white towels ("sweat towels") will be provided at the Front Desk.

Pool: Lifeguards are not provided. Therefore, members swim at their own risk. During water aerobic classes, one lane will be available for lap swimmers. Anyone utilizing the pool area must read and abide by all posted rules. Members are required to shower before entering the pool. Members who have used the steam or sauna baths should shower off again before entering the pool.

Sauna and Steam Baths: Proper attire is required: swimsuits or athletic clothing. NO nudity is allowed. No person having a cast, open wound, sores, lesions, rash or an infectious communicable disease will be allowed in the sauna or steam bath. Anyone utilizing the steam baths and/or saunas must read and abide by all rules posted on signage.

Lost or Stolen Items: The Club shall not be responsible for personal belongings that are lost or stolen while in The Club, parking lots or grounds. Any member who finds an item should bring it to the Front Desk where it may be claimed by the owner. Items will be held for 30 days. After this time period, the items will be donated to the Salvation Army.

Rules, Policies and Signage: All members and guests shall abide by the rules and policies as established in the Member Information Booklet, including any additions, changes or deletions and on signage located throughout the facility. These rules and policies are subject to change at the discretion of management. Any member or guest, who, in the opinion of the fitness staff, violates any rule or policy, may be asked to leave The Club. Proper etiquette, language and courtesy must be observed at all times and in all areas of The Club.

Track: A three lane indoor track is located on the outside of the weight room and cardiovascular areas. Sixteen laps equal one mile.

Outdoor Walking Trail: The outdoor track is available to The Club at St. Dominic's members and may be used from dawn to dusk. Three laps equal one mile.

Weight Room and Cardiovascular Areas: The workout area is equipped with variable resistance weight machines and free weight equipment. The cardiovascular areas contain treadmills, stationary bikes, Stairmasters, ArcTrainers, recumbent cycles and elliptical cross trainers. In addition, these cardiovascular machines are equipped with individual televisions. The sound to these televisions can be accessed through headsets. (headsets can be purchased in the Pro-Shop). Members are urged to schedule a Program Design (weight room and cardiovascular equipment orientation) prior to using any equipment regardless of past experience. All equipment is to be used according to established policies and procedures, as determined by the fitness staff. Anyone utilizing these areas must read and abide by all rules posted on signage. The Club will not be responsible for any manufacturer's defects in equipment.

Guest Policy: All guests must sign in and complete a guest information waiver. While utilizing The Club, all guests must abide by the rules and regulations of The Club. The Club has the right to revoke guest

privileges to anyone who disrupts The Club or does not follow the rules. All guests will be required to provide a driver's license for identification (a copy will be made). The Club does not issue temporary memberships. All guests are required to take a tour of the facility and be presented the membership programs and rates. All guests working out for the day must be accompanied by a member and pay a \$10 guest fee which can be applied towards the purchase of a membership within 30 days. Since we are a membership only club, an individual may work out as a **guest** no more than three times per year.

Family/Visitor Fitness Pass: Family members or out-of-town visitors of St. Dominic's patients may take advantage of the services and facilities provided by The Club. For a nominal fee, participants may have access to The Club during a patient's hospital stay*. While utilizing The Club, all guests must abide by the rules and regulations of The Club.

*There is a limit of **five** guests per patient.

Staff: The Club is a medically supervised Wellness Center with a staff of degreed exercise physiologists and fitness specialists; certified group fitness instructors and personal trainers.

Hours of Operation, Fees and Classes: Established hours of operation, fee schedules, classes or special programs are subject to change at any time by The Club at St. Dominic's Management. Currently, the hours of operation are as follows:

Monday – Thursday	5:30 am – 8 pm
Friday	5:30 am – 7 pm
Saturday	7 am – 5 pm
Sunday	1 pm – 5 pm

Interpretation: On all questions as to the development, interpretation or application of these Rules, Policies and Procedures, the decision of management will be final.

SPECIAL PROGRAMS

Fitness Assessments and Program Designs: The fitness staff strongly recommends every new member participate in a Fitness Assessment. Initial assessments are included in the joining fees.

Fitness Assessment - The assessment includes muscular strength, endurance and flexibility testing, estimation of body composition, pulmonary function tests and fasting blood analysis*. Blood work is performed at the Lab in Dominican Plaza on the third floor. In some cases, a physician's referral may be required before a fitness assessment is administered. Periodic reassessments are provided at a nominal fee upon member's request.

Program Design - After the fitness assessment is completed and the results gathered and calculated, our fitness staff will design, prescribe and take you step-by-step through your individualized fitness program. Also included is an introduction to ActiveLinxx, a computerized guide that allows you to individualize your workout. Exercise prescriptions are re-evaluated on a regular basis.

*Nothing by mouth eight hours prior to blood draw.

Personal Training: Personal training is available for an additional fee for members who want special one-on-one supervision. A certified personal trainer will stay with you to motivate, direct and monitor you during your workout. If you are interested in personal training, inquire at the Front Desk.

Massage: American Massage Therapy Association registered massage therapists are available at The Club. A variety of massage techniques are available: Swedish, Sports Massage, Deep Tissue, Neuromuscular and areas of special need. Inquire at the Front Desk for prices and appointment information.

Aquatics: Water Aerobics: An aerobics exercise program conducted in the water by certified water aerobics instructors. This program is open to regular members only and is beneficial to individuals interested in low impact aerobic activity.

Swimming Lessons: Adult and child private swimming lessons are offered throughout the year for a nominal fee. Children's group swimming lessons are offered each summer for a nominal fee.

Gentle Joints - An Arthritis Foundation Aquatic Program (AFAP) that consists of a low intensity water walking class letting you exercise at your own pace. It is designed to improve endurance, flexibility and strength training. This class is taught in the shallow end of the lap pool. A physician's release is required before attending class.

Moms-N-Motion - A water aerobics class offered to expectant mothers wanting a low impact, moderate workout. It will be taught in the shallow end of the lap pool. All participants must be at least 12 weeks pregnant and have a signed medical release form from their physician submitted prior to attending. Additional fees will apply if you are not delivering at St. Dominic's.

Group Fitness: A wide variety (for all fitness levels) of classes including: kickboxing, spinning, seniorise, toning, yoga, pilates and low and high impact aerobics are taught by Certified Group Fitness Instructors. Please consult our schedule for days and times.

Wellness Programs: Various seminars and programs are offered throughout the year to raise awareness in health topics through motivational activities. Examples include Set-to-Sit, Lunch-&-Learn, Jingle Scales, cooking demos led by registered dietitians and various seminars led by physical therapists and other healthcare professionals.