



Union General Wellness Center

376 Deep South Farm Road
Blairsville, GA 30512
706 781-1008

On behalf of the entire staff of Union General Hospital and Wellness Center, we look forward to helping you meet your fitness goals. Our commitment is to help you get the maximum benefit and enjoyment from your membership. Memberships include all classes & equipment. Our club offers:

CARDIO EQUIPMENT - bring your headphones & watch TV

CHILD CARE - \$2 per child. Hours are Monday thru Friday 8:30-11:00 am & Monday thru Thursday 4:30pm-7pm

FREE WEIGHTS & STRENGTH TRAINING EQUIPMENT

GROUP CLASSES - Aerobics, Line Dancing, Zumba, Barbell Strong, Senior Mix, Extreme Fitness, Pilates, Yoga, Water Classes and Group Cycling Classes

INDOOR HEATED POOL - Water Aerobics, Water Arthritis or Lap Swimming

MASSAGE THERAPY - \$60 an hour

PERSONAL TRAINING - Certified Trainers. \$40 an hour or \$20 1/2 hour for members; \$45 an hour or \$25 1/2 hour for non-members

RACQUETBALL COURT

SAUNA & STEAM ROOMS

SMOOTHIE BAR – Just \$4 & packed with plenty of protein

CLUB HOURS

Monday-Thursday	5:30 a.m. - 9 p.m.
Friday	5:30 a.m. - 8 p.m.
Saturday	8 a.m. - 3 p.m.
Sunday	10 a.m. - 5 p.m.

*Pool, Sauna & Steam Rooms
close 30 minutes early*



For up to date info on any class cancellations, inclement weather closures, etc please refer to our facebook page

MEMBERSHIP AGREEMENTS

- Individual Membership** An individual under age 18 may join if a parent signs the agreement and is responsible for dues and account charges.
- Couple Membership:** Two individuals (two adults, or one adult and one child, who live in same household).
- Family Membership:** One or two adults and children under age 23, who live in the same household.

Please Note: If you have an individual or couple membership, and want to let your children use the pool, there is a fee of \$5 per visit per child. You may not bring children other than your own.

	<u>12 Months Monthly EFT (see below)</u>	<u>12 Months Payment In Full</u>	<u>1 Month Payment In Full</u>	<u>3 Months Payment In Full</u>	<u>6 Months Payment In Full</u>
Enrollment Fee	\$99	\$ 50	\$ 0	\$ 0	\$ 0
Membership Dues					
Individual	\$44	\$475	\$ 64	\$175	\$325
Couple	\$69	\$745	\$ 89	\$250	\$475
Family*	\$84	\$907	\$104	\$295	\$565

*Family Membership is limited to two adults and children under age 23. Additional Adult Family Members who live with you may be added to any membership for an extra \$25 per month.

Dues do NOT include childcare, massages or personal training. In order to charge items “on your account” you must provide credit card information.

Monthly EFT: Dues must be paid by electronic transfer from a bank account or credit card on the third of the month (or business day prior to the 3rd). **Dues may be prepaid for the coming month by cash, check or credit card at any time during the month, but MUST be paid before the 1st** to avoid electronic fund transfer from your bank account or credit card.

“Freeze Option” is only allowed with 12 Month Memberships.

We also offer Day & Week Passes. A Day Pass is \$10 per person. A Week Pass is \$25 for an individual, \$35 for a couple & \$50 for a family (+ \$15 for additional adult family members). A 7 visit pass is \$45 per pass.

By application and membership, all members have assumed the dangers and risks associated with exercise and the use of exercise equipment and fitness center facilities. All members must certify to Union General Wellness Center (UGWC) that they are in good health or have been approved by their physician. As a condition of admittance, all members and guests hold UGWC harmless from injury, harm or health risks associated with membership in or the use of UGWC equipment or facilities. The owners and management of UGWC are committed to maintaining an environment entirely free from discrimination or harassment. We ask that you conduct yourself in an appropriate manner at all times. We reserve the right to expel any person or cancel the membership of anyone who does not adhere to club policies or displays inappropriate behavior.

RULES & REGULATIONS

Our Rules & Regulations are designed with you, the member, in mind. 12 Month Memberships cannot be cancelled prior to the end of this period, unless written documentation is received, which indicates you have moved more than 50 miles away, or you have a permanent, disabling condition (\$50 cancellation fee applies for both events). After your initial 12 month membership, you may cancel your membership at any time, with no cancellation fee. All cancellations are effective on the first of the month, with no refunds. Please note our deadline of the 25th of the month for changes, freezes & cancellations.

All members and guests must check in at the front desk each visit. Please scan your key tag each visit. On your initial visit, we will also take your picture for security purposes. Club premises and parking lot are totally non-smoking.

ATTIRE: Members and guests are required to wear shirts at all times. Inappropriate attire is not permitted. Swimsuits are not permitted outside the pool and locker rooms. Athletic shoes must be worn on the courts and in fitness areas. We recommend pool shoes or flip flops in shower and pool areas. Members must maintain a reasonable standard of personal hygiene.

CARDIOVASCULAR EQUIPMENT: Please adhere to a 30 minute time limit during busy times.

CELL PHONES: Please refrain from talking on your phone in all work-out areas & place your phone on "vibrate". No cameras or videos are allowed on club premises without permission. Please place your cell phone in your gym bag before entering the locker room.

CHARGING ITEMS TO YOUR ACCOUNT: Credit card information is required to charge items to your account.

CHILD CARE: Parents must be in the club at all times. Parents are required to sign in and out in the childcare room. Any fees not paid at check-out will automatically be billed to your account. Changing diapers is the responsibility of the parent. Drinks must be in enclosed plastic containers. No gum is allowed. Children misbehaving will be removed from childcare. Please do not bring your child if he/she exhibits any symptoms of illness.

CHILDREN: Do not leave your children unattended at any time. If Child Care is not available, children may sit in the waiting area only if they are supervised by an adult. You cannot leave your children in the waiting area while you work out. Club Staff are not responsible for children, except in the Child Care room during posted hours.

Children age 6 & over must use same-sex locker room.

Children under age 10 may use the pool only & must have supervision.

Children ages 10-14 may use cardio equipment, play racquetball & must be supervised. They are not allowed to take classes or be in weight rooms.

Children 15+ may use all equipment. Children 12-14 may use weight equipment only if approved by UGWC trainer or management.

Children misbehaving or abusing equipment will be banned from future privileges. Only children 16 & over may take spinning classes. **Children must be added to a membership to use any equipment**, or you can pay a \$10 guest fee each visit for them to use the pool and/or equipment if they are proper age. Please note posted rules regarding children. Parents are responsible for any damage or injury caused by their children.

CIRCUIT RESISTANCE MACHINES: Our staff will show you how to use these machines, or you can hire a personal trainer for more personalized instruction. We are always available to assist you with any machines if you have questions.

FREE WEIGHTS: Please remove plates from equipment and place dumbbells on racks when finished.

FREEZING YOUR MEMBERSHIP (12 Month Memberships only): You may freeze your membership for one month or more. Freezes must be in writing on or before the 25th of the month, and are effective on the 1st of the following month. These months are added to the end of your membership agreement to fulfill 12 months of paid membership. Members who prepay for 12 months may freeze at any time during the month, and additional months are then added to their membership. Freezes are not retroactive and no credit is given for dues already paid. Freezes are for 1 -6 months at a time and you must complete a min.of 1 month freeze or you will be held fiscally responsible for the full month.

GUEST POLICY: All guests must register at the front desk and sign a Consent Form before using any equipment. Picture ID is required. Guest fees are \$10 a day, \$25 a week or \$35 for a 7 visit pass. Guests under age 18 are not allowed without a Consent Form signed by a parent or guardian.

LOCKERS & TOWELS: Please bring a lock to secure your items. Lockers are for day use only; please remove your lock when you leave.

LOST & FOUND: Wellness Center is not responsible for lost or stolen items. Valuables are kept at the front desk and other items go in "Lost & Found" for one week.

PERSONAL TRAINING: Get the best results with a one-on-one with a certified personal trainer for \$40 an hour, or \$20 for 1/2 hour for gym member or for non-members the rate is \$45 an hour or \$25 for ½ hour. We require 8 hours notice for cancellation to avoid charges.

RACQUETBALL: Goggles must be worn on the racquetball courts at all times. Court may be reserved at the front desk.

SAUNA & STEAM ROOMS: We recommend drinking plenty of fluids prior to and during use of these areas. No glass containers are allowed. Limit your time to 10-15 minutes. Swimsuits or towels are required at all times. We do not allow shaving in these areas, use of oil or aromatic-inhalants, or children under 16. Turn off units when you leave. All units will close 30 minutes early. Please check with your physician before using sauna or steam rooms.

SWIMMING POOL: There is no lifeguard on duty; use of pool is strictly at your own risk. Please shower before entering pool. Children must be supervised at all times. Please note restricted hours and posted rules regarding children in the pool. We do not allow diving, running, jumping, horseplay, food, drinks in breakable containers or balls. Walk slowly in pool area and locker rooms; pool shoes may be purchased at the front desk.

**Key tags are non-transferable. Do not give your key tag out to a non member to use or you risk forfeiture of your membership.*