

Wellness Center Guidelines

- During patient care hours, a healthcare grade medical ear loop mask is required at all times. Mask should cover chin and nose. Healthcare grade medical ear loop mask are provided for your use and are located at all Wellspring entrances. Please wear a mask when entering the facility.
- Masking is optional in all exercise classes, after 6 p.m. and on the weekends in the Wellness Center, for members/participants who are up to date on their COVID-19 vaccine. Social distancing and room capacity limits will remain in effect. Up to date means a person has received all recommended doses in their primary series COVID-19 vaccine, and a booster dose when eligible. Masking optional change is based on CDC recommendations which coincide with Sauk County's "low" community level. If the community level changes to "high," masking will again be required at all times.
- Please note, masks are still required at all times in common spaces where patients may be, including the first floor waiting room and reception desk, as well as the elevator and stairs.
- If you have COVID19 symptoms or a positive test, please refrain from coming to Wellspring.
- Enter the fitness center by using the outside/side stairway or the elevator. Avoid walking through the Physical Therapy waiting area.
- **Scan in** using your membership card. No manual entry of your membership number will be allowed.
- Please wash your hands or use hand sanitizer before and after your exercise session. Wipe off handles and all touch points on equipment, **before and after** use, with a moist wipe.
- Equipment has been spaced 6 feet apart to provide physical distancing. Exercise floor markings (pods) have been placed in the open exercise area, to assist with physical distancing guidelines. When walking through the fitness center, please maintain physical distancing whenever possible.
- Lockers room are open, including lockers, showers and restrooms. Disinfecting wipes are available for members to wipe out the locker after use.
- Wellness staff will provide additional disinfecting and deep cleaning of equipment, high-touch surfaces and spaces throughout the facility. **The Fitness Center is closed Monday – Friday from 12pm – 12:30pm** for disinfection with Clorox sprayer.
- Our HVAC system is drawing air from outside, no longer using recirculated air. Due to this change, you may notice warmer temperatures and higher humidity in the fitness area.
- Personal Training: Training pods have been created in Studio B as an option to allow private space to work with your trainer. Physical distancing will also be practiced.
- **Monthly memberships are charged to a credit or debit card on the 1st day of each month. To cancel your monthly membership, you must notify Wellspring in writing by completing one of the following: a Membership Cancellation form, or sending a certified letter to Wellspring. Written notification must be received by the 15th of the prior month. For example, to cancel by May 1st, notification must be received by April 15.**
- The minimum age for members and guests is 12 years old. Clients age 12-14 must be supervised by a parent or guardian while at Wellspring.
- **Please change your shoes before entering the exercise area. To assist with keeping the equipment clean and maintenance free, no street shoes are allowed in the fitness center or exercise classrooms.**
- Please refrain from wearing heavy perfumes, colognes or scented lotions, as this may cause an allergic reaction to our members with pulmonary conditions
- A shirt and close-toe athletic shoes are required during exercise. Exercise apparel is recommended. Midriff shirts which expose the waistline and short- shorts are prohibited.
- Orientations are complimentary and available by appointment, if you need assistance with becoming familiar with the exercise equipment. Physical distancing will be practiced during these sessions.

- Please limit time to 30 minutes on cardiovascular equipment (treadmills, bikes, cross trainers) during busy periods, or if others are waiting.
- When using free weights, please return them to their proper place at the end of your workout, making sure to strip bars and return plates to storage racks. Please refrain from dropping weights to avoid injury and damage.
- Wellness Center participants should report all equipment malfunctions, personal injuries and specific concerns immediately to the Wellness Staff.
- Wellspring is not responsible for lost or stolen items. Please secure all personal belongings in the lockers.
- Respect the rights and comfort of others by using courteous and appropriate behavior. Any Wellspring Member who conducts themselves in an unbecoming manner, or who knowingly violates any of the Membership Guidelines may be denied service and or access to the Wellness Center and may have their Membership terminated.
- Guest Passes: Each Membership receives 2 complimentary guest passes per calendar year. Please bring your guest to the Wellness desk to check-in and complete any paperwork. Guest visits can also be purchased for \$10 per day or \$10 per exercise class.
- Cell Phone Use: To keep the Wellness Center safe and comfortable for everyone, please practice the following cell phone etiquette:
 - No cameras or cell phones in the locker rooms.
 - No talking on cell phones in the fitness center. If you must make a call, please move to our coat/cubby area, stairwell or outside the building. Use headphones with your cell phone if streaming music or playing the radio.
 - See wellness staff for complete Wellspring cell phone policy

Group Exercise Classes Guidelines

- The group fitness schedule and instructors are subject to change due to special events and low participation. Classes which do not meet minimum enrollment requirements will be cancelled prior to the start of the first scheduled class.
- Please be respectful of others during group fitness classes. Patrons are asked to refrain from excessive talking and/or being disruptive during classes.
- Patrons enrolled in a water exercise class must rinse off in the shower before entering the pool area. Use of bathroom stalls for changing is not recommended. Please limit your shower time to 10 minutes or less as we do have other patrons who may be waiting for a shower.
- Missed classes can be made-up in any of the wellness classes within the same session, if there is room in the class. Due to COVID-19 class size restrictions, please discuss class make-up options with your instructor PRIOR to taking another class.
- Classes may be cancelled due to inclement weather or instructor availability. Please review the following weather-related cancellations:
 - If Sauk Prairie School District cancels school, Wellspring will cancel classes for that day.
 - If Sauk Prairie School District delays the start of school, Wellspring classes that start **before** 10am will be cancelled.

Emails and/or text messages will be sent out notifying clients of cancellations as soon as possible. Client's Wellspring account will be credited for classes that are cancelled. Cancelled classes may not be made-up or refunded.

- To receive the 50%-member discount, you must have an active membership from the time of class enrollment through the completion of the class semester. Early membership cancellations will result in being charged the full price (non-member rate) for the class, and for any remaining dues within the notice of cancellation.