



Fitness rules and regulations are established to ensure safe and enjoyable exercise for all participants making use of these facilities. Disregard for any rules and regulations, posted guidelines or verbal directions provided by facility staff may result in dismissal from the facility and loss of membership/guest privileges.

Orientation

APPOINTMENTS ARE REQUIRED. Attendance at a group orientation session is available for new members. Orientations are available Tuesday or Thursday at 9:00 am or 5:30 pm. During the orientation, new members will be shown through the fitness center and given a general program to begin an exercise regimen. Children under 14 must attend an orientation. If you cannot attend the set times, please call the office at 775-7946 ext. 30 for additional times or to cancel an appointment. If you would like more information for one on one program, please see the fitness desk for personal training information.

Operating Hours and Closures

ONE FITNESS is open Monday – Thursday 4:45 am - 9 pm. Friday 4:45 am - 7 pm. Saturday 7 am - 5 pm Sunday 1 pm - 6 pm. ONE FITNESS facility may be closed or open limited hours when warranted.

Personal Training /Nutritional Coaching

Personal training and nutritional coaching is limited to ONE FITNESS staff. Instruction for pay or trade by outside entities is not permitted. Appointments are made between the client and trainer. Certified trainers contact information is available at the fitness front desk. Cash, Visa, MasterCard, debit cards and local checks are acceptable forms of payment and due at the time of the session. All payments should be made to Cullman Regional Medical Center.

Attire

The use of proper athletic shoes and modest attire while using the ONE FITNESS facilities is required. Non-marking shoes are required on all floors. Sandals, clogs and other open shoes are not permitted in this area. Because of increased risk of injury, it is recommended that jewelry be removed prior to participating in any activities, or before utilizing any equipment in the fitness areas. No swimsuits or thongs will be allowed in fitness area. Shirts and shoes must be worn at all times and shorts and shirts should cover leotards and sports bras. Clean, un-torn clothing is mandatory for hygiene and safety reasons. Participants with offensive body odor will be asked to shower and change. Excessive perfume is inappropriate and is not allowed as well. Club management reserves the right to determine whether or not attire is unacceptable.

Code of Conduct

ONE FITNESS is committed to creating a safe, comfortable and enjoyable experience for patrons. The staff will proactively intervene to support an environment where members and guest can enjoy the facilities and programs free from the following behaviors:

- Foul/abusive language or obscene gestures
- Intoxication or other signs of impairment related to alcohol consumption or illegal drug use
- Fighting, taunting or threatening remarks or gestures
- Spitting
- Horseplay posing safety risks to participants or other
- Mistreating of dumbbells, weights or any equipment
- Displays of affection nor appropriate in a public setting
- Obscene or indecent clothing
- Any disruption to the progress of a sanctioned activity
- Un-sportsmanlike conduct
- Obtaining entrance under false pretense

Children

Children 12-13 must have a responsible adult over 18 years old assisting them in the fitness area at all times. Children under 14 are not allowed in the group exercise classes. Children 14 years of age or older are allowed to workout on their own and are allowed in all areas after completing the fitness orientation. CWAC offers a nursery and youth room included in a family membership. Please see the main front desk for details.

Fitness Area Policies:

- Please wipe down equipment after each use by spraying the towel with the cleaner.
- Closed-toed athletic shoes are required; open-toed or heeled shoes are not allowed at any time.
- Please re-rack all weight plates, dumbbells after usage.
- Return all equipment to proper storage after each use.
- Utilize spotters when needed.
- No dropping weight plates, dumbbells or barbells at any time in the aerobic area.
- Please allow other members to “work in” between sets.
- Please limit cardio workouts to 30 minutes, when someone is waiting.
- Facility trainers with scheduled appointments have priority on all exercise equipment.
- Outside Personal Trainers are not allowed to train in CWAC facilities.
- Music selection and volume is at the discretion of facility supervisor.

Food/Drink

Drinks in a clear plastic container with a lid are allowed throughout the indoor fitness facilities. No glass containers. Other food and beverages are restricted to the Lounge Area outside the fitness area. No food from outside is allowed.

Bags/personal items

Please store all items in a locker. Day lockers are available in the fitness area and the locker rooms and members must bring in their own locks. Unattended items will be collected and considered lost if they are not stored in a locker. Locks, left over night, will be cut off. CWAC or ONE FITNESS are not responsible for items lost or stolen.

Cell phones and paging

The use of cellular phones is permitted inside, provided they do not interfere with others’ enjoyment of the facility. Please be courteous and move all cell phone conversations to a lobby or lounge area. In fairness to other patrons, cell phone use is not allowed in group exercise classes or locker rooms. If there is an emergency and a patron must be contacted, please contact the front desk at 775-7946.

Ejection

ONE FITNESS reserves the right to eject anyone whose behavior is unruly or illegal in nature. Membership privileges will be revoked without a refund and the individual(s) will be escorted from the facility.

Emergencies and Evacuation Procedures

In the event of a serious emergency, the ONE FITNESS Staff will direct patrons to a safe area. For your safety, and the safety of others, please follow all instructions given by the staff. Exit signs are posted. In the event of a tornado warning, all members/guests will stay in the gymnasium area until we receive an all clear from the weather service.

Liability Waiver

Patrons are required to sign a liability waiver prior to using ONE FITNESS facility. Fitness activities pose an inherent risk; all users should consult a physician prior to participation. If you have special health considerations, allergies or serious health conditions, please inform the staff. An AED is located at the front desk in the fitness area.

Lost and Found

Please contact the main front desk regarding lost or missing items. Lost items will be kept for 30 days; items that remain unclaimed will be donated to charity. CWAC/ONE FITNESS is not responsible for lost or stolen items.

Payment

Cash, Visa and MasterCard, debit cards, local checks, and electronic fund transfer and payroll deduction are all acceptable forms of payment.

Comments and Concerns

Please direct comments and concerns to front desk or use the comment box located inside the fitness area. You may also direct comments to management by calling 256-775-7946 ext. 30.

Frozen Accounts

Members should see the main front desk area for details.

Smoking

Smoking is not permitted anywhere in or around the ONE FITNESS facility. Tobacco products, drugs, and alcohol are not allowed in the facility. Anyone exhibiting signs of being under the influence of a controlled substance will be denied entry.