

## **MEMBERSHIP INFORMATION**

Pocono Wellness & Sports Center (herein referenced as the Club) offers non-proprietary memberships in its athletic facilities at Route 447 & Business Route 209, East Stroudsburg, PA. Membership is non-equity bearing, nontransferable (except as defined), and carries no voting rights. The applicant is not purchasing stock in a corporation, but rather a membership entitling him/her to a service provided by the Club. The duration of said service may be determined by such factors as applicant's membership standing and entity's management contract and facility lease.

The facility currently operated by the Club includes a fitness center, group exercise studio, locker and shower areas for men and women, separate dry saunas, nursery, racquetball courts, tennis courts, basketball court, tanning, massage and common areas. The privileges and rules of membership for the Club are stated in the following sections.

### **MEMBERSHIP**

#### **A. CONDITIONS OF MEMBERSHIP**

Membership is open to any individual of good character, satisfactory medical condition and responsible credit background without regard to race, sex, ethnic background or religion. All agreements for membership are subject to approval by the Club, which shall have sole discretion to approve or reject applicants, or revoke membership privileges.

Membership entitles the member to use the Club facilities during all normal hours of operation, subject to the rules stated herein and to revisions made from time to time by the Club to which member consents, so long as revisions apply to all members of a particular status.

#### **B. MEMBERSHIP TYPES AND DUES**

Full club memberships are available under tennis, racquetball and fitness types in the following categories: single, couple, family, senior and student. Membership to the Club entitles members to use the athletic facilities, locker and shower areas, racquetball courts, and tennis courts. Membership is limited and may be closed or opened at the discretion of

the Club. A Multi-club use membership, for dual use of the Club and Wellfit Express in Brodheadsville, PA is also available.

Changes to membership types and categories, such as adding a family member or upgrading from fitness to tennis, is a simple process. Inquire at the front desk for more information about membership adjustments.

Monthly dues are payable in advance on the first of each month as specified in the membership agreement. The obligation to pay dues is not dependent on the availability of all of the Club facilities or on member's actual use of the Club. Repairs, maintenance or other matters may require the restriction of use or closing of various areas of the Club from time to time. Dues will not be reduced or suspended during the time when said facilities are not available.

Monthly dues are subject to change at the discretion of the Club. Members will be given at least 30 days notification as to any change in dues.

#### **C. TRANSFERABILITY**

Club memberships are transferable for a nominal fee. A membership may only be transferred once in a twelve-month period. Written notice must be given to the Club at least 30 days in advance. A new membership card will not be awarded until the old card is surrendered. Members may pick up a membership transfer certificate from the Membership Service Coordinator.

#### **D. INVOLUNTARY TERMINATION AND SUSPENSION**

The Club reserves the right at any time to terminate or to suspend membership privileges of any member for failure to comply with Club rules and regulations or for any conduct that the Club determines to be improper or detrimental to the interest of the Club.

Any member who has been in arrears in his/her account to the Club for 30 days is subject to a 1 1/2% monthly service fee and shall, at the option of management, have his/her membership privileges suspended. Accounts in arrears to the Club for 60 days are subject to membership suspension.

## **E. CANCELLATION OF MEMBERSHIP**

Cancellation of membership must be in writing, 30 days in advance, addressed to Member Services, and sent by certified mail. A terminated member will be required to return his/her membership card. A terminated member will remain liable for all dues and other indebtedness prior to receipt of termination notice. Members are responsible for the full payment of the minimum number of months and fees due under their Membership Agreement.

## **F. CHANGE OF ADDRESS**

Any member changing address or banking information must notify the Club immediately upon change. If 30 days notice is not given, the Club will not be responsible for any member's bank charges and will charge to the member any fees incurred by the club.

## **LIABILITY/WAIVER OF CLAIMS**

It is expressly agreed that all use of the Club facilities shall be undertaken by a member at his/her sole risk, and the Club shall not be liable for any injuries or any damage to any member or guest, or be subject to any claim, demand, injury or damages whatever, including, without any limitation, those damages resulting from acts of active or passive negligence, or any other damages on the part of the Club, its owner, employees, officers, or agents. The member, for himself/herself, and on behalf of his/her executors, administrators and assigns, does hereby expressly forever release and discharge the Club, its successors and assigns, as well as its owner, officers and agents, for all such claims, demands, injuries, damages, actions or causes of action.

It is specifically agreed that the Club shall not be responsible or liable to members or their guests for articles lost or stolen in the facility. The Club also shall not be liable to members for loss or damage to any other property of members or guests, including their automobiles and contents therein.

## **RULES AND REGULATIONS**

### **A. HOURS OF OPERATION**

The Club is Open 7 Days a Week. Hours may vary according to specific days. Members may obtain current hours at the club, or on the web at [www.poconowellness.com](http://www.poconowellness.com).

The Club is open every day but Christmas, although hours may be reduced on certain holidays or times of year and will be posted in these cases. The club may also close due to inclement weather. Members are encouraged to call the club for holiday hours and in cases of inclement weather before traveling to the club.

### **B. REGISTRATION**

Members must check in at the front desk each time they enter the club. Failure to do so may result in membership termination. A valid membership card is required as identification for admittance. A lost membership card must be reported to the club and a new card will be issued for a \$5.00 fee. Damaged cards will be replaced at no cost.

### **C. GUESTS**

Guests may use the Club only when accompanied by a member or Club personnel. All non-members must register with a photo I.D. and pay the appropriate guest fee and other applicable charges at the front desk prior to use. Guests under age 16 will not be admitted without their parent. The Club reserves the right to limit guest privileges at any time or alter the guest policy and fee structure.

**Each guest is limited to one visit within a six month period.**

Members of the Club are responsible for the attire, conduct, charges and damages of their guests. Anyone wishing to leave the lobby area is required to register and pay guest fees.

### **D. ADDITIONAL FEES**

Fees will be charged for optional participation in and not limited to the following areas: court fees, private lessons, multiple series group instructions or clinics, tournaments and special events, babysitting, massage, tanning, programs, and guest privileges or other fees not covered by membership dues. These additional fees are payable at time of use.

### **E. HEALTH HISTORY**

All members are required to complete a Health History Questionnaire and a Fitness Baseline Program prior to the start of an exercise program. The Fitness Baseline is a series of fitness tests that will help to evaluate your body composition, aerobic capacity, and flexibility.

Your level of fitness in each component will help us design your personal fitness program. Members may be asked to provide a Physician's Approval Form before they begin their exercise program or at anytime during their membership that the Club deems necessary. Members are responsible for informing the club of any changes in their personal health as it relates to their use of club facilities.

## **F. COURT RESERVATION POLICY**

All courts, unless designated as challenge courts or group play courts, are available to members on a reservation basis. Reservations may be made by tennis or racquetball members up to 72 hours in advance.

**Three day advance reservations will not be taken before 8 am.**

Tennis reservations are for a maximum of 60 minutes in duration for singles and 90 minutes in duration for doubles. Racquetball reservations are for a maximum of 90 minutes in duration for singles and 120 minutes in duration for doubles. Members may reserve only one court per day, but are entitled to unlimited play when a court is not reserved by another member. Membership name and membership number, as well as the names of other player(s) are required when making court reservations.

Court Fees apply for Tennis at ALL times of Play. A higher rate applies during Prime Time Hours, as follows: Weekdays 8:30 – 11:30am and 5-8pm, and Weekends and Holidays 8:30-11:30am.

Court reservations may be cancelled without penalty up to 4 hours in advance. Failure to cancel or late notification will result in a monetary assessment. A 10-minute default will be enforced on all reservations. In the event of question, the registration clock is the official court time. Continual cancellations or no-shows will subject the member to loss of reservation privileges.

## **G. ATTIRE AND CONDUCT**

Proper attire is required for participants using the Club. Shirts and shoes are required in all public and court areas at the club. Only closed-toe, athletic shoes are acceptable. For your safety, no sandals or slippers are permitted.

Racquetball Area: On wood floor surfaces, only racquetball, tennis or gym shoes are permitted. No black soled shoes are permitted on court floors. Players are expected to wear eye guards. Only composite or metal racquets with protective strips are allowed in courts. Wooden racquets are not permitted. All racquets must have wrist straps.

Members are expected to conduct themselves with propriety in all areas of the Club.

Smoking is not permitted anywhere in the Club.

No pets are allowed inside the facility.

No firearms are permitted on Club property.

The Club reserves the right to stop or refuse participation or admittance to the property or any area therein based on improper attire, conduct or equipment.

## **H. DAMAGES**

Damages to the Club property, whether willful or from neglect, shall be paid for by member or member's guest causing said damage. Members are ultimately responsible for guests' damages.

## **I. SPECIAL EVENTS AND TOURNAMENTS**

The Club reserves the right to schedule partial or total use of facilities for tournaments, special events, or promotional purposes.

## **J. LOCKERS**

Lockers are provided solely for the benefit and convenience of members. The Club reserves the right to remove any articles left in a locker overnight. Members must provide their own locks.

Rental lockers are available on a limited basis. Small rental lockers are payable on a monthly basis and can be added to your monthly dues' charges. Termination of membership voluntarily or involuntarily, terminates locker agreement. Rent a locker at the Front Desk.

The Club assumes no liability for any damage to or loss of clothing, personal items, or valuables. **We recommend that you NOT bring valuables to the club.** Please use locks.

#### **K. TOWEL SERVICE**

Towel service is available through the club for a one time fee payable to the front desk. Members and guests may also rent towels for a daily fee. Towels must be returned to the front desk after use.

#### **L. SAUNAS**

Dry saunas are available in both locker rooms. For your own safety, we suggest that you become familiar with the operation of the sauna before entering. It is recommended not to exceed a 15 minute exposure. To avoid damage, do not pour water on heating coals. Please see the front desk for operating information - the saunas must be activated before use.

#### **M. CHILDREN**

Babysitting is available in the nursery area for children of members aged 6 months to 12 years. It is recommended that children over age 6 bring homework, books or favorite games for their enjoyment. Members wishing to use these services must first complete a child information sheet. There is a monthly fee for this service unless you have a family membership plan, which includes all nursery fees. Fee schedules and additional babysitting policies and hours of operation are available in the nursery area and at the front desk. **There is a 2-hour limit for each child's stay.** There is an additional fee for guests, which is paid at the front desk upon entering the club. **Members are not permitted to bring children, other than their own to any area of the club including the nursery.**

**Parents must always be present in the facility while their children, under age 16, are at the Club. The fitness center is off limits to children, unless a Family Member and Junior Development Participants. Unattended children are not permitted to stay in the lobby or the lounge.**

Additional information is provided for Family Memberships. Children ages 12 & under are not permitted in the saunas.

Children 3 years of age & older are not allowed in the locker rooms of the opposite sex.

#### **N. JUNIOR DEVELOPMENT**

Members' children ages 13 -15 may join the junior development fitness program provided they are on a family membership plan. This fitness program is specially designed for a youngster's needs. Children may participate in any programs designed specifically for their age groups. See additional guidelines upon enrolling your child in Junior Development.

**Parents must always be present in the facility while their children, under age 16 are at the Club.**

#### **O. PERSONAL TRAINING**

Personal training is available in the fitness center for those interested in adding extra motivation to their workouts. Our exercise professionals offer a variety of specialties and levels of experience for this one-on-one service. Check with the fitness staff concerning availability, pricing, scheduling and procedures for payment.

#### **P. TANNING**

Tanning is available on a reservation basis and you can tan once per day. Sessions are booked by the half hour. Maximum time limit is 20 minutes. Tanning goggles are required for use of the tanning bed. Information on pricing packages is available at the front desk. Tanning packages are available for up to 10 sessions, which are valid for 1 year.

#### **Q. MASSAGE**

Massage reservations may be arranged through the front desk on an appointment basis only. The Massage Therapists who provide this service at the club are all certified. They are trained in Neuromuscular Massage Therapy and Sports Massage. Additional information is available at the club.

#### **R. PROGRAMS AND ACTIVITIES**

Group Fitness classes are open to all members and ability levels. Monthly class schedules are available on line at [www.poonowellness.com](http://www.poonowellness.com) and at the front desk. All instructors are trained and certified.

Sometimes, classes are held in the fitness center and are open to all members. Check the schedule in the fitness center for days and times. During class, the areas in use are restricted. You may want to reserve a spot in our most popular classes with limited space.

Basketball games and leagues run continuously at various times of day.

Nutrition counseling and weight management are offered through the fitness department. Get your questions answered about basic nutrition, food labels, hunger vs. appetite, high fiber, and low fat eating. A computerized nutrition analysis and individual eating plans are available. See a fitness professional for more information.

Tennis and Racquetball leagues and programs are available for many different playing levels. Sessions are usually held year round. Check with the front desk regarding upcoming schedules. Tennis lessons and a tennis ball machine are available at the club. Check for prices and scheduling at the front desk.

Rental racquets are available for tennis and racquetball at the front desk. The Club also provides racquet stringing services. Basketballs and Boxing gloves are also available for rent. Prices and information are available at the front desk.

A Batting Cage is located on the end of the basketball court and is available for members and non-members when tokens are purchased at the front desk. All non-members are required to register and must be accompanied by a parent when under 16 years of age. The pitching machine has settings for both baseball and softball with a variety of speeds. Helmets are required at all times by all participants and users are expected to gather the balls after each session and refill the hopper. Check with the front desk for times when the batting cage may be unavailable for use. Special, prior arrangements are required for team use of the cage. See the front desk manager for details about team use.

#### **S. TENNIS AND RACQUETBALL ETIQUETTE**

All members and guests are expected to wear proper attire when using the courts. Shirts and shoes must be worn at all times and no black soled shoes are permitted.

Courteous behavior is mandatory. Racquet slamming, profanity or abuse of equipment will not be tolerated.

Food or drinks are not permitted on the courts.

Children are not allowed on the courts unless playing or taking a lesson.

Reserved courts will be opened up if the member who reserved the court does not show within 10 minutes of the scheduled starting time. The official court clock is located at the front desk.

#### **T. FITNESS CENTER AND BASKETBALL COURT ETIQUETTE**

All members and guests are expected to wear proper attire when using the club. Shirts and shoes must be worn at all times and no black-soled shoes are permitted.

Food and drinks are not permitted in the fitness center or on the basketball court.

Courteous behavior is mandatory and expected. Equipment slamming, profanity or abuse of equipment will not be tolerated.

When using the cardiovascular equipment, please check the sign up sheets before getting on the equipment. If no one has signed up please put your full name in the slot. You may sign up for only one time slot, on one machine. You must show up within 5 minutes of the appropriate starting time or you may lose your slot. Please wipe down the equipment after use. Maintenance towels and spray bottles with cleaner are provided for your use.

When using the pin select machines, please allow other members to work in between sets. Please wipe down equipment after use. When a group fitness class is in session, the class participants have priority.

When using the free weight area, please put all weights back to their proper place after use. Do not drop weights onto the floor. Allow other members to work in between sets. No spitting or chewing tobacco. Please wipe down equipment after use.

Cardio Theatre is a complete entertainment system available for enjoyment during workouts. Headphones are available for purchase at the front desk for a nominal fee.

#### **U. INJURIES AND ACCIDENTS**

Any injuries or accidents must be reported immediately to the club staff and an injury report completed. Injury reports are located at the front desk. First Aid kits are located at the front desk and fitness center. An AED is located at the front desk.

#### **V. LOST AND FOUND**

Lost and found items may be retrieved from or given to the front desk. Any found articles left at the club are kept for one month and then will be donated to a local charity. The Club is not responsible for items left at the facility. Lost and found procedures are available at the front desk. The club is not responsible for lost or stolen items. Please use locks at all times.

#### **W. TELEPHONES/ ELECTRONIC EQUIPMENT**

A member phone is located in the member's lounge for local calls only. Please respect other members and keep your usage to a minimum. We expect members and guests to be courteous when using personal electronic equipment in the club, such as cell phones, ipods/mp3 players, lap tops, portable DVD players, etc, throughout the facility. Inappropriate or disturbing use of any devices will not be tolerated.

**Use of cell phones is not permitted in locker areas at any time.**

#### **X. SUGGESTIONS AND COMMENTS**

Member input is important to us and you can inform us of a comment or suggestion in many ways. You are always welcome to telephone your comments to us or talk to us in person while you are at the club. We want to know your feelings and improve the club, please help us.

#### **Y. CHANGES**

The Club reserves the right to alter, revise or change club programs, enrollment fees, monthly dues and rules and regulations as necessitated

by changing conditions prudent to the operation and service standards of the managing entity, the building owners, or their agents.

#### **Z. RULES NOT INCLUSIVE**

The rules and regulations contained herein are not inclusive.

All rules and regulations as per the membership agreement and automatic payment agreement also apply.

### **Correspondence with the Club**

All written correspondence, as required above or as otherwise necessary should be directed as follows:

Pocono Wellness & Sports Center  
216 Skyline Drive  
East Stroudsburg, PA 18301

FAX: (570) 421-8290

[www.poconowellness.com](http://www.poconowellness.com)

Phone calls should be directed to:  
(570) 424-2333