



THE OHIO STATE UNIVERSITY  
WEXNER MEDICAL CENTER

HEALTH AND FITNESS  
CENTER

# MEMBER GUIDE

*Our entire team of experts is ready to help you create a life that has the potential to be fuller, richer, longer.*

## Getting the Most from Your Membership

Everyone at The Ohio State University Wexner Medical Center is here to help you create a tailored wellness program, so you can discover your best you. This membership guide is intended to help you maximize your experience. Of course, if you have any questions or cannot find the details you're seeking, please contact us directly.

[membership@osumc.edu](mailto:membership@osumc.edu)  
614-685-1820

150 W. Main Street  
New Albany, OH 43054  
[Get Directions](#)



### TABLE OF CONTENTS

|  |                   |   |                   |
|--|-------------------|---|-------------------|
| Center Hours   | <a href="#">1</a> | Group Exercise  | <a href="#">5</a> |
| General Guidelines<br>Equipment Care<br>Age Restrictions                             | <a href="#">2</a> | Guest Policy<br>Lost Fob<br>Center Contact<br>Physician<br>Appointments | <a href="#">6</a> |
| Attire & Personal<br>Belongings<br>Locker Room<br>Space Priority<br>Basketball Court | <a href="#">3</a> | Kids' Club  | <a href="#">7</a> |
| Aquatics   | <a href="#">4</a> |   |                   |

## Hours

**Monday - Thursday** / 5:00 am – 9:00 pm

**Friday** / 5:00 am – 8:00 pm

**Saturday and Sunday** / 7:00 am – 5:00 pm

**Closed:** Christmas Day

## Reduced Hours

New Year's Day  
Easter  
Memorial Day  
Independence Day  
Labor Day  
Thanksgiving  
Christmas Eve  
New Year's Eve

**Risk of Use:** All members and guests use The Ohio State University Wexner Medical Center's Health and Fitness Center at their own risk. The Center is not responsible for any pre-existing conditions or injuries, or injuries sustained while using the facility. We strongly encourage participants to obtain physician clearance before beginning an exercise program.

*In case of an emergency, immediately notify a staff member or activate the Emergency Response Plan by calling 51820 from a phone in the Center.*

# Getting Started

All new members are encouraged to:

- Meet with a Fitness Specialist for an Exercise Prescription/Assessment and Technogym App.
- Use your quarterly exercise prescription updates with our Fitness Specialists.
- Modify your workout intensity to the appropriate level in order to get the most from your sessions.

## Expectations for Fitness Center Use

### General Guidelines

- All participants are to comply with the Fitness Center staff and the enforcement of policies related to safety, programming, and exercise techniques.
- The Fitness Center follows the [Ohio State University's Non-Discrimination, Harassment, and Sexual Misconduct Policy](#). You must refrain from engaging in unwanted verbal or physical conduct based on protected class (e.g., race, sex/gender, religion, etc.), including any unwelcome sexual comments or conduct. Remember to be courteous to other members and refrain from foul language, inappropriate or offensive actions and/or conversations.
- No food is permitted in the Fitness Center.
- Water and/or sports drinks are permitted in the fitness center provided they are in a sealable container.
- Use of outside personal trainers is not permitted.
- Tobacco products are not permitted anywhere in or around the Philip Heit Center for Healthy New Albany.

***If you need assistance, please visit our Fitness Desk.***



### Age Restrictions

Any person(s) aged 14 & 15 must be accompanied by a parent or legal guardian to utilize the Center, unless they have completed our Teen 101 member onboarding.

Any person under the age of 14 is not permitted to be on the fitness floor unless they are participating in a program supervised by authorized medical staff personnel.

### Equipment Care

- Please respect other members and limit your time on equipment when another member is waiting.
- All users are required to wipe equipment after each use.
- Return all fitness equipment to its proper place of storage.
- Please report any unsafe exercise conditions or malfunctioning equipment immediately to a Center employee.

## Attire & Personal Belongings

The Ohio State University Wexner Medical Center's Health and Fitness Center is not responsible for lost, stolen or damaged property.

- Members are encouraged to lock belongings in a day-use locker.
- Proper athletic attire must be worn at all times. No bare feet or open-toe or sandal-type shoes are permitted. No clothing allowing excessive exposure is permitted.
- For safety reasons, personal belongings, bags and other items are to be stored in lockers and/or clothes hangers only.



## Locker Room

- Available lockers are for daily use only and on a first-come, first-serve basis. Please remove your belongings at the end of your visit.
- For hygiene purposes, please be sure to have a towel between your body and any bench, seat or countertop in the locker rooms, including steam room and sauna.
- Return towels to the towel bin in locker rooms or on the fitness floor.
- Please limit your time in the shower.
- No cell phone use of any kind permitted in the locker room.

## Specific Facility Spaces

### Priority Use

Please note that physical therapy and sports medicine, located on the 2<sup>nd</sup> floor, have priority in the clinical space for their patients. This includes the throwing lane, basketball court and equipment in physical therapy area.

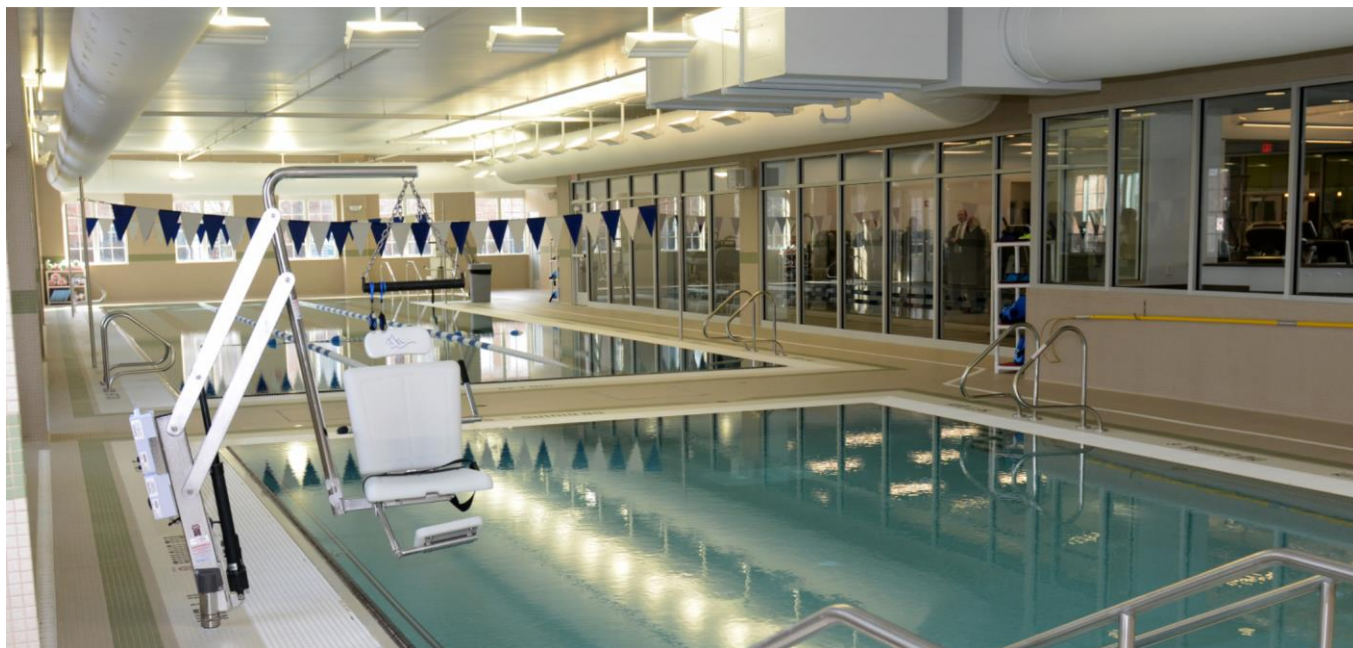


### Basketball Court

- The basketball court is closed during sports medicine hours:  
Monday – Friday 6a-7p
- When using the basketball court, there is NO dunking allowed.



# Aquatics



## Safety

- No Lifeguard on Duty – Swim at your own risk.
- No inflatables are allowed except for Coast Guard approved lifejackets or Puddle Jumpers.
- No running on or diving from the pool deck.
- No glass bottles or aluminum cans are allowed in the pool area. Bottled water, sports drinks, or juice in an unbreakable self-contained container is permitted. Alcohol is not permitted. Anyone exhibiting signs of intoxication will be asked to leave the facility.
- Pushing, wrestling, dunking, splashing, or any other form of horseplay is not permitted.
- Extended breath-holding activities are not permitted.
- Any person having an infectious/communicable disease or open sores/wounds is prohibited from using the pool.

## Age Requirements

No children under the age of 16 are permitted in the pool without adult supervision, unless as part of a Fitness Center or medical program.

## Etiquette

- All members are required to take a shower before entering the pool.
- If other swimmers are waiting, please split the lane and remain in your half of the lane.
- Swimmers may circle swim if there are more than two in a lane if all parties agree. Stay to the right of the lane and yield to faster swimmers.
- Proper swimwear is required, swimsuits or t-shirts and swim trunks. Aquatic shoes are strongly recommended and are the only footwear permitted in the pool.
- No food, chewing gum, or tobacco products are permitted in the pool area.
- Please remove all Band-Aids, tape and other easily removed items.
- Do not hang on the lane line.
- Please return all pool equipment to the correct storage area after use.
- Spitting, urinating, or defecating in the pool is prohibited. Any individual who suffers from incontinence must wear a swim diaper.



## Group Exercise

### General Guidelines

- All participants are to comply with the Fitness Center instructors and the enforcement of policies related to safety, programming, and exercise techniques.
- Personal music devices are not permitted in any group class.
- No food is permitted in the Group Exercise Studios.
- Members are strongly encouraged to report any unsafe exercise conditions or malfunctioning equipment immediately to a fitness center employee.
- Equipment cannot be removed from the studios during classes.
- Please ensure all equipment is returned neatly.

### Class Sign Up & Session Times

- Classes are 60 minutes long unless otherwise noted.
- Up to 26 hours before the class starts, register for classes using the Group Ex Pro App or contact the Front desk
- **Late arrival may result in loss of your place in class.**
- The Center reserves the right to modify the Group Exercise Class schedule.

## New to Group Exercise?

Members and guests are encouraged to modify workout intensity to their appropriate level.

If you are new to any group exercise class format, we recommend that you arrive approximately 10 minutes early to meet with the instructor to ask any questions and learn about equipment and appropriate set up.



*No admittance is allowed after class has been in session for 5 minutes.*

## Guest policy

Each membership will include two (2) complimentary guest passes per twelve (12) month period. After these have been used, all guests are required to pay a guest fee and/or any other charges instituted from time to time.

Each member will be responsible for all charges related to the guest's use of the Fitness Center. All guests are required to check in at the reception desk and must complete a Waiver of Claims and Assumption of Risk Form and be at least fourteen (14) years of age. Guests under the age of 18 must have their Guest Registration completed and signed by a parent or legal guardian over the age of 18. All guests must be at least 14 years old.

## Lost Membership Fob

- First check at front desk to see if it was turned in by another guest.
- If you need a replacement, it can be purchased at the Front Desk.

## Contact list

Everyone at the Health and Fitness Center is committed to providing the best possible member experience. Please visit us in person or call at your convenience.

### For general center comments or questions:

John Paro (614) 685.1822

### Membership Services:

Missy Petrovich (614) 685.6338

### Fitness Services:

Zöe Hopkins (614) 685.9533

### Group Exercise:

Lexi Patterson (614) 685.9529

Kids' Club Reservations: (614) 685.1820



**THE OHIO STATE  
UNIVERSITY**

WEXNER MEDICAL CENTER

**Are you looking  
for a doctor?**

Receive expert care from Ohio State's Wexner Medical Center right inside The Phillip Heit Center for a Healthy New Albany. To make an appointment:

- **Primary Care –**  
614.293.4980
- **Sports Medicine –**  
614.366.4332
- **Integrative Medicine –**  
614.293.9777
- **Physical Therapy –**  
614.685.4348

Additional care for children is available from:

- **Nationwide Children's –**  
614.722.2000



# Kids' Club

Kids' Club will have a maximum child/staff ratio of 6:1 as mandated by The State of Ohio Bylaws.

## Eligibility

- Children must be over the age of 6 months.
- Must be 24-hours-free of sickness, fever, vomiting or diarrhea.

## Additional Guidelines

- Parents and/or guardians must remain in the Fitness Center at all times when using Kids' Club.
- Parents may be notified, and must be available at any given time, to assist with their child for any given reason.
- No medications will be administered by staff.
- Please understand that toys and items from home may get used by other children.
- If you wish to bring a snack for your child, please keep in mind they must be **peanut-free**.

## Reservations

- Kids' club will permit a maximum of 6 children at any one time.
- Reservations are made, at most, 24 hours prior to desired drop-off time.
- Parents and/or guardians dropping off a child in Kids' Club must be the same parent/guardian picking up the child.

## Expected Behavior

If a child continuously misbehaves in Kids' Club, the Center reserves the right to freeze or terminate usage at any time.



## Time Parameters

- Children may remain in Kids' Club for a maximum of 2 hours.
- Parents are asked to pick their child up at least 10 minutes before the 2 hour maximum time allotment to allow for a timely checkout.
- Parents are asked to pick their child up at least 10 minutes before any closing time of Kids' Club to allow for a timely checkout.

*The Ohio State University Wexner Medical Center's Health and Fitness Center reserves the right to refuse service to any member who violates any rule or regulation, or engages in any verbal and/or physical abuse of staff or members.*