

Member Guide: Ohio State Health and Fitness Center - New Albany

Welcome

Welcome! Everyone at The Ohio State University Wexner Medical Center is committed to helping you get the most from your membership—so you can discover your best self.

Getting Started

All new members are encouraged to: - Meet with a fitness specialist for an exercise prescription and to set up the Technogym app. - Schedule quarterly updates with our fitness specialists. - Adjust workout intensity for safety and effectiveness.

Attire and Personal Belongings

- Lock all belongings in a day-use locker.
- Wear appropriate athletic attire at all times.
- Bare feet, open-toe shoes, and sandals are not allowed.
- Clothing must provide appropriate coverage.
- Store bags and personal items in lockers or on designated hangers.
- The center is not responsible for lost, stolen, or damaged property.

Locker Rooms

- Lockers are available on a first-come, first-served basis. Empty lockers after each visit.
- Use a towel between your body and benches, seats, and counters, including in the steam room and sauna.
- Return used towels to designated bins.
- Keep shower use brief.
- Cell phone use is not permitted.

Fitness Center Guidelines

- Follow staff instructions for safety and programming.
- Abide by Ohio State's policies on non-discrimination and harassment.
- Be courteous. No foul language or inappropriate behavior.
- No food is allowed in fitness areas.
- Drinks must be in sealable containers.

- Outside personal trainers are not permitted.
- Tobacco use is prohibited anywhere on the property.

Equipment Use and Etiquette

- Limit time on equipment when others are waiting.
- Wipe down equipment after each use using the provided wipes.
- Return all equipment to proper storage.
- Report equipment issues or unsafe conditions to staff.

Group Exercise Guidelines

- Adjust workout intensity as needed.
- Arrive 10 minutes early if you're new to a class.
- Follow instructor directions at all times.
- Do not use personal music devices.
- Food is not allowed in studios.
- Return all equipment neatly and leave it in the studio.
- Report any issues to staff immediately.

Group Class Registration

- Most classes are 60 minutes.
- Register up to 26 hours in advance using the GroupEx Pro App or by calling the front desk.
- Late arrivals may lose their place.
- No admittance more than 5 minutes after a class begins.
- Class schedules are subject to change.

Aquatics Area

Before entering the pool: - Shower thoroughly. - Wear proper swimwear (swimsuits or t-shirts with swim trunks). - Only aquatic shoes are allowed in the pool area.

While swimming: - Share lanes respectfully. Split or circle swim as needed. - Do not hang on lane lines. - Return equipment to its proper location after use.

Prohibited: - Spitting, urinating, or defecating. - Horseplay or extended breath-holding. - Food, gum, tobacco use. - Glass or metal containers.

Note: Swim diapers are required for anyone with incontinence.

Aquatics Safety

- No lifeguard on duty—swim at your own risk.
- Only U.S. Coast Guard-approved flotation devices are allowed.

- No running or diving.
- Alcohol is not allowed. Intoxicated individuals will be asked to leave.
- Individuals with contagious conditions or open wounds may not use the pool.

Aquatics Age Policy

- Children under age 16 must be supervised by an adult unless enrolled in a supervised program.

Basketball Court

- Closed Monday through Friday from 6 a.m. to 7 p.m.
- Dunking is not allowed.

Risk and Medical Considerations

- Use of the facility is at your own risk.
- The center is not responsible for preexisting conditions or injuries.
- Consult your physician before beginning any exercise program.

Age Restrictions

- Ages 14 and 15 may use the center with a parent or guardian or after completing Teen 101.
- Children under 14 may not use the fitness floor unless in a supervised program.
- Children under 16 must be supervised in the pool unless in a supervised program.

Facility Use Priority

- Physical therapy and sports medicine services have priority use of designated areas, including the second-floor therapy space, throwing lane, and basketball court.

Guest Policy

- Each membership includes two complimentary guest passes per year.
- Additional guests must pay a guest fee.
- Guests must check in, be at least 14 years old, and sign a waiver.
- Guests under 18 must have a signed waiver from a parent or legal guardian.

Lost Fobs

- Check with the front desk for lost items.
- Replacement fobs are available for purchase.

Kids' Club

Eligibility

- Children must be 6 months or older.
- Staff-to-child ratio is 6:1.
- Children must be free from symptoms for at least 24 hours.

Guidelines

- Parents must remain on-site and be available.
- Staff do not administer medication.
- Only peanut-free snacks are allowed.
- Toys brought from home may be shared with other children.

Reservations

- Maximum of six children allowed at a time.
- Reservations can be made up to 24 hours in advance.
- The same parent or guardian must drop off and pick up.

Behavior and Time Limits

- Maximum stay is two hours.
- Pick up your child at least 10 minutes before the end of the session.
- Repeated disruptive behavior may result in suspension from Kids' Club.

Contact Information

We're here to help: - Main Line: (614) 685-1820 - Jason Goggins, General Manager: (614) 685-1822 / jason.goggins@osumc.edu - Membership Services: (614) 685-1820 / membership@osumc.edu - Fitness Services / Group Exercise: Megan Arnold, (614) 685-9533 / megan.arnold@osumc.edu - Kids' Club Reservations: (614) 685-1820

In an emergency, notify staff or call 51820 from a facility phone.

Hours of Operation

- Monday to Thursday: 5 a.m. – 9 p.m.
- Friday: 5 a.m. – 8 p.m.
- Saturday and Sunday: 7 a.m. – 5 p.m.

Closed: Christmas Day

Reduced Hours: New Year's Day, Easter, Memorial Day, Independence Day, Labor Day, Thanksgiving, Christmas Eve, and New Year's Eve

Membership Enforcement

We reserve the right to revoke membership for rule violations or abusive behavior toward staff or members.

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