

Important Info for Fitness Center Members



Membership & You

Welcome to Medford's Therapy & Fitness Center! We are glad you are taking a step in maintaining or improving your health through active membership in our Fitness Center. Our goal is to offer a wide variety of fitness services at an affordable rate so you and other members from Medford and surrounding areas can achieve success toward your fitness goals.

Our Mission *is to provide high value fitness services to promote health and wellness for the community.*

Our Vision *is to be chosen by area residents as the exercise facility of choice for customer-focused services delivered with a personal touch.*

Membership Inclusion

- Membership is extended to any person 10 years of age and older.
- Children between 10-17 years of age require parent/guardian consent to participate.
- Children 10-15 years of age must be accompanied and supervised by an adult member (18 years or older) during the course of exercise.
- For reasons of security, safety, liability, and protection of therapy patient confidentiality any non-member – including children under 10 years (both supervised and unsupervised) – are not permitted within the Fitness Center or Therapy waiting areas at any time. Non-compliance may result in revocation of membership privileges without refund.
- Memberships (for those 18 years and older) must be signed by the participating member.
- Memberships are not transferable, and it is not permissible for members to share badge access or membership with others.
- Members may qualify for one of five categories of membership: single, family, student/senior/military, corporate, or Aspirus employee.

Membership Services

All services below are inclusive of daily, monthly, and yearly membership and punch card participants.

- **Gym**
 - Cardio & Endurance Training Equipment: Treadmills, elliptical machines, rowing machines, ski erg, arm bikes stationary bikes, Nu-Steps, etc.
 - Resistance Training & Toning Training Equipment: Free weights, resistance machines, core stabilization equipment, mats, exercise balls, resistance bands, medicine balls weighted jump ropes, etc.
 - Balance, Flexibility, and/or Agility Enhancement Equipment
- **Group Exercise Classes**
 - See the schedule online for options currently available. We're always looking to adding and modifying our exercise classes to better meet member needs.

- Equipment needed for classes participation is included.
- All our friendly and approachable instructors go through certification and training prior to leading any classes. You can exercise assured that you are in very capable hands.
- Our instructors stay current on the latest trends and regularly update routines so classes are never boring.
- Each instructor is committed to meeting the individual needs of each participant – from beginners to long-time participants, regardless of fitness level, both in and out of the classroom. Don't hesitate to approach them with your questions.
- **Men's and women's locker rooms with showers**
- **Lockers or personal items storage during exercise**
- **Towels**
- **Fans**
- **TVs**
- **Stereo System**
- **Water**

Payment Options

The following forms of membership payment are accepted during all hours of operation:

- Cash
- Check
- Credit/Debit Card
- Redeemable gift certificate
- Automatic electronic funds transfer
- Automatic credit card payment posting

Payments may be made in person or sent to:

Aspirus Therapy & Fitness-Medford
103 S. Gibson Street, Medford, WI 54451

All membership dues must be paid by the 10th of the month or a late fee will be assessed.

You can access your membership account online for payments, attendance history, and update your account. Just ask us how.

Refer a Friend

Refer a friend to the Fitness Center and get \$10 off Your next membership statement. To qualify for referral credit on your account, *the friend must:*

1. Mention your name (must be an existing member) at the time of application or member referring can fill out a referral form.
2. Not be a current, active member of the Fitness Center
3. Commit to a minimum of a one-month membership

One \$10 credit per referral. No limit on the number of referrals per member.

Membership Termination

All requests for cancellation of membership should be made in writing and be received by the Fitness Center prior to the member's next billing statement issuance (before the 15th of the next month). If notice is not received prior to the renewal date, the member may be charged membership dues and or a late fee if not paid by the 10th of the month regardless of usage or payment status.

The Fitness Center has the right to revoke membership without fee reimbursement for members who display inappropriate or unacceptable behavior or non-compliance with terms of membership.

Membership Liability

- All new members must sign a liability waiver (agreement) form prior to exercise. Refusing to sign the form will result in disallowance of participation in Fitness Center Offerings.
- All new members are encouraged to undergo a walk through or mini orientation to the facility, equipment, and procedure before starting exercise. The 15 min walk through, or mini orientation can be done at the time of sign up or scheduled for a later time and is free. If there are further questions, they can be addressed with fitness center staff at another time.
- Members participate in fitness classes and use of equipment at their own risk.
- Clearance by a medical provider is encouraged prior to starting a new exercise program.
- An Automatic External Defibrillator (AED) is available near the cardio equipment in the main gym. Fitness Center Staff is trained in its use.
- Emergency exits are clearly marked and will remain lit in the event of power failure or emergency evacuation.
- In Case of emergency, dial 911.
- Efforts are made to ensure safe use of all Fitness Center areas at all times. Inherent risk exists on locker room floors and front door entryways as they can become slick if wet. Caution should be used to aid in safety of movement. Alert Fitness Center staff if there is excess water on any floor surface.
- Personal items brought to the Fitness Center are the responsibility of the member at all times during attendance. Members accept the risk of damage or loss of such items.
- Lockers are available to secure personal items. Members must supply their own locks. To ensure availability of use for all members, lockers are to be used only during the time of active participation at the Fitness Center and cannot be used for storage between exercise sessions. The Fitness Center reserves the right to remove locks and items from lockers if necessary.
- The Aspirus Therapy & Fitness – Medford facility is not held responsible in any way for personal injury or loss of personal item(s) as a result of participation in the program.

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715-748-8112
Aspirus.org