

Spann Wellness Center Member Guidelines



Trinity Woods
Belong. Believe. Become.

WELCOME TO THE SPANN WELLNESS CENTER

Thank you for your interest in using the Spann Wellness Center! The Spann Wellness Center (SWC) is comprised of a fitness room, group exercise room, health/wellness clinic, swimming pool and hot tub, and locker rooms. In this packet you will find a complete list of services offered in each area, as well as the rules and usage guidelines for your convenience. Each month there is a fitness calendar made available for your convenience. Please take some time and familiarize yourself with its contents. Should you have questions you are encouraged to call any member of the Fitness Team.

All Trinity Woods members wishing to utilize the SWC must complete the following prior to attending or using the wellness center:

- attend a wellness center orientation
- fill out and sign a health status questionnaire
- obtain a medical release from their personal physician
- read and sign a liability waiver, and sign that they understand the rules for using the SWC.

We're excited to see you in the Spann Wellness Center soon!

Sincerely,

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Wellness Philosophy & Purpose Statement

The Trinity Woods Wellness Team believes that every person has the right to live life to its fullest potential. The Wellness Department believes that each person is a multifaceted individual composed of body, mind, and spirit. In this spirit, our goal is to enable each person to enjoy life as independently as they can for as long as they can.

All age groups desire to maintain their mental and physical wellbeing. In order to do this, there must be opportunities to learn, play, socialize, exercise and engage in life. The Wellness Team provides a safe and engaging environment for the pursuit of healthier lifestyle choices through all the dimensions of wellness.

The Wellness Team's purpose is to provide comprehensive wellness programming to optimize, improve or maintain physical, emotional, intellectual, environmental, social, vocational, and spiritual wellness for all participants. It is the goal of the Wellness Team to encourage the involvement of Trinity Woods departments in the wellness of the Members. Wellness is a multifaceted philosophy that requires the insight of many disciplines, including but not limited to medical, spiritual, and social (life enrichment). The Wellness Team will provide quality space for recreation, physical wellness, and health services.

Safety

The safety of all Members using the SWC is our top priority. Members are encouraged to become familiar with the contents of this manual. Members with questions should contact any member of the Fitness Team.

All rules posted in the fitness and pool areas should be followed by anyone using the SWC, especially as there is not always staff present in the fitness center. It is the responsibility of those using the center to become familiar with these rules. In addition, proper orientation is required before beginning use. Do not tamper with or remove any signs in the fitness or pool areas. Members are always encouraged to wear their urgent response pendants, except when in the pool or hot tub. Compliance with the safety rules of the SWC is a condition to its continued use.

SWC staff and volunteers monitor programs and equipment with total adherence to established community procedures in compliance with local, state and federal regulations. Except for water bottles, no food or beverages are allowed in the fitness or aquatic areas. Please keep all food and beverages other than water in the juice bar and lobby. Smoking is not allowed on the Trinity Woods campus. Alcohol consumption is prohibited in the SWC.

Because parking is limited, Members are encouraged to walk to the SWC.

Hours of Operation

The SWC is open 24 hours a day, 7 days a week. The Pool is open every day except Wednesday from 7:00 a.m. to Thursday at 7:00 a.m. for maintenance and cleaning. The

fitness area, pool and hot tub are for the use of community Members, therefore are not available for reservation.

Orientation

Before using the SWC, the equipment or the pool, each Member must attend an orientation session to become familiar with personnel, equipment, and safety procedures. Included in the orientation is a fitness assessment designed to test strength, endurance, and range of motion with the purpose of assessing current fitness level and providing a basis for class and exercise recommendations. All Members are required to sign a waiver indicating that they have completed the orientation and that they understand the use of the equipment. Contact the Fitness Coordinator for orientation times.

Health Status Questionnaire, Medical Release and Liability Waiver

Prior to initial use of the SWC, Members are responsible for completing a health status questionnaire, medical release and signing a liability waiver. If a Member seeks treatment for a new medical issue, a new medical release must be signed before exercise can be resumed.

Guests

All guests must check in with SWC personnel, sign a liability waiver and submit it to the Fitness Coordinator prior to using the fitness area, pool, or hot tub. Guests are welcome to participate in exercise classes, provided space is available. Trinity Woods members have priority. Guests can use the SWC on a temporary basis.

SWC guests must be at least 16 years of age to use the equipment. Pool and hot tub guests must be at least 16 years of age to use the pool without a family member present. Children under 16 may use the pool, but they must be accompanied by an adult family member.

Dress Code

All Members are encouraged to wear appropriate exercise clothing during classes or while using equipment. This includes shirt, shorts or exercise pants, and closed-toed shoes with rubber soles (sandals, flip flops, heels or open-toed shoes are not permitted). Loose-fitting clothes provide the most comfort for all forms of exercise. Proper exercise clothing is highly recommended over street clothes. Street clothes can be unsafe for the Member and may damage the equipment. Exercise clothing lacks buckles or rivets that can damage upholstery.

Properly fitted athletic shoes are a highly recommended important investment. They are more protective of the feet and spine, safer and more comfortable.

A bathing suit is required for those wishing to use the pool or hot tub (no shorts or t-shirts). Members should wear a proper covering over bathing suits when going to and from the pool area. Wet suits are not allowed in the fitness or common areas.

Members Requiring Assistance

Usage of SWC for Members requiring assistance is at the discretion of the Vice President of Wellness and approval will be granted on an individual basis. Upon approval, Members who require assistance are responsible for arranging for an assistant. The assistant must always remain with the Member.

Lockers, Valuables and Towels

Lockers are available for day use only. Personal belongings cannot be left overnight. Each Member is responsible for his or her own valuables. Locking them in a locker does not ensure the safety of valuables. Trinity Woods is not responsible for lost or stolen items.

Small hand towels are supplied for use during workouts in the fitness center, and swimming towels are provided for use available in the pool and hot tub area. Please place used towels in appropriate laundry receptacles, not the trash bins. Please do not remove towels from the pool/locker room areas, do not take them home.

Group Exercise Classes

Classes are taught by decreed and/or certified fitness professionals. Class size is usually limited to 20 participants per class, depending on the instructor and class design. Preregistration is required for class attendance and can be done through the Trinity Woods Viibrant Portal or with the weekly reservations worksheet sent each Monday. Please refer to the wellness calendar for class schedule, description, and location.

Classes may be cancelled due to low attendance, in which case we will alert members that are reserved for future occurrences of the class. Classes are cancelled occasionally due to scheduling conflicts, inclement weather, and staff time off.

Personal Training

A certified personal trainer will design an individualized fitness program designed to meet your goals and will work one-on-one with you for a 30-minute session. The sessions can include cardiovascular, strength or flexibility training. Different payment options are available. Contact the Wellness Manager at 918-346-6682 to schedule a free consultation with one of our trainers.

Recreation Areas

Shuffleboard, Pickleball and Basketball Courts may be reserved for one-hour periods. Please contact the SWC to make a reservation. Relevant equipment will be set up by SWC staff in advance of reservation. Please know that scheduled wellness events have priority over individual reservations. Members who are more than 15 minutes late forfeit the reservation. For non-reserved use, see a SWC staff to request equipment.

Fitness Calendar

The fitness calendar is available to all members. One is located on the Wellness Bulletin Board in the Spann Wellness Center and will include the time and location of each fitness class. In addition, the time and location of all wellness events and fitness/exercise classes can be found on the monthly Residential Living Wellness calendar, as well as online in the Trinity Woods Vibrant Portal. Calendars are sent out monthly to each resident for use at home.

Swimming Pool Use

The swimming pool is 3.5 feet to 4.5 feet deep and is kept set at 88 degrees Fahrenheit. It is approximately 70 down-and-back laps to a mile.

Please rinse off before entering the pool. A shower is located on the pool deck for your convenience. Please enter the pool from the locker room corridor entrance. Pool rules are posted on the west wall; please review them before using the pool. Never swim alone.

Glass containers and food are not allowed on the pool deck. Members are responsible for returning all aquatic equipment to the proper rack or storage space. There is absolutely no diving or jumping into the pool at any time. Members, guests, and employees are not allowed to swim alone. Towels are available for member use on shelving located on the pool deck.

Spa/Hot Tub Whirlpool Use

The spa is kept at 100 degrees Fahrenheit and is recommended for use no longer than 15 minutes at a time. Please rinse off before entering the spa. Spa rules are posted on the wall by the spa; please review them before using the spa.

Fitness Room: (open 24 hours 7 days a week)

The Fitness Room has everything you need for a full cardiovascular workout including treadmills, recumbent bicycles, recumbent steppers, recumbent elliptical, a total body bike, Spin bikes, a rower, and an elliptical trainer. For strength training exercise a complete line of Precor strength training machines that operate on a plate system with 5lb. increments and a set of free weights ranging from 10lbs-50lbs area available. Members are encouraged to attend an orientation prior to utilizing the equipment.

If a piece equipment is not functioning properly or appears broken, please notify SWC staff immediately. For your safety, please warm up prior to exercise and cool down following exercise for at least five minutes each.

Please use equipment with care. Slamming weight stack machines or dropping dumbbells is unsafe and may damage the equipment or injure yourself or others. Members are responsible for returning equipment to its appropriate storage space after use. Please utilize the sanitizing spray or wipes available near the Spann Wellness Office to disinfect each machine and piece of equipment before and after you use it.

If the fitness area is experiencing a high volume of activity, please limit your use of the cardio equipment to 30 minutes.

Health and Wellness Clinic (open 9:00 a.m. to 4:30 p.m.)

The clinic is full of services to help take care of you. You can contact the Wellness Nurse at 918-346-6618 for available services.

Contact Information

Wellness Manager – 918-346-6682

Fitness Coordinator – 918-346-6642

Wellness Nurse – 918-346-6618