



LET'S GO!



WELCOME PACKET

———— www.GenesisHealthClubs.com ————



WELCOME TO THE CLUB!

At Genesis, we believe we are exactly what our name states, Genesis means a new beginning, and health, by definition, is the condition of being sound in body, mind and spirit. So, we are a club that promotes a beginning in improving the condition of the body, mind and spirit. Here at Genesis, we know we can help you look better, feel better, manage stress, ease the body of pain, and prevent disease, therefore making life more enjoyable.

Whatever your health goal may be, you will be sure to achieve it at one of our many locations in five states. Each club has the latest in weight training equipment, cardiovascular machines, and the best group fitness classes and personal trainers. We offer you the most well-rounded fitness experience in the Midwest. We are also designed for people of all ages and fitness levels. Whether your goal be weight loss, weight gain, specific sport training, shaping and toning, or just to increase your activity level, we are here to help you every step of the way. Our highly trained staff are ready and willing to help you meet your goals safely and effectively, and offer motivation. We welcome you and your goals! Your new lifestyle, your new beginning starts now at Genesis Health Clubs.

A handwritten signature in black ink that reads "Rodney".

Rodney Steven II
Owner



WWW.GENESISHEALTHCLUBS.COM

GENESIS LOCATIONS

**Wichita • Kansas City • Kansas • Missouri
Colorado • Nebraska • Oklahoma**



GUIDELINES AND INFORMATION

notice

The information and guidelines in this booklet are part of our policies designed to ensure that you have a productive and safe experience as a member of Genesis Health Clubs. These guidelines help assure members and guests full enjoyment of the facilities. Any and all posted information and guidelines, including hours of operation, are subject to change without prior notice at the sole discretion of Genesis Health Clubs.

hours

Please refer to our website for location hours.

Genesis Health Clubs reserves the right to close or post limited hours of operation for holidays. If we choose to close or offer limited hours of operation, we will provide sufficient notice of that change, including posting that information in the clubs.

membership cards

Every member will receive a membership card. This card is to be presented to the front desk upon entering the club. There is a \$10 replacement fee for lost or destroyed cards.

locker and locker room usage

Locker room location and amenities vary by club location. Lockers are provided for free on a daily basis. To use a locker, open the door and place your membership card into the lock mechanism. This will release the key, which is equipped with a clasp to attach to your clothing. Lockers left full at the end of the day will be emptied and articles found will be placed in the Lost and Found. At other member's requests, please do not allow children over three years of age and of the opposite sex in the locker rooms. Also, please help us maintain tidy locker rooms by placing all used towels in the drop bins.

etiquette

- Always be courteous of others.
- We will not tolerate any type of harassment of employees or members by anyone.
- Please return used towels to the designated towel drops throughout the clubs.
- Please wipe down equipment after use.
- Please allow others to work in. When you are finished, remember to remove any towels or personal belongings.
- Children under the age of 13 are not allowed to use weight room equipment.
- Please limit cell phone usage in the fitness areas.

general conduct

- Members and guests must conduct themselves in a manner conducive to the well-being and enjoyment of fellow members, guests, staff and management.
- Abusive or foul language is unacceptable.
- Abusive use of or intentional damage to equipment is prohibited.
- Use or distribution of anabolic steroids or any contraband substance in or on club premises is strictly prohibited.
- Smoking or chewing tobacco is not allowed on the club premises.
- Members are not allowed to bring alcoholic beverages into the club. Also, consumption of alcoholic beverages is not allowed on the club premises (except during specified club sponsored social events and then only in specified areas within the club.)
- Please check for additional specific rules posted in the clubs.

Pool & Spa Areas

- Specific rules for aquatic areas are posted in the clubs.
- No running, diving, hanging on lane dividers or boisterous behavior.

- No gum chewing or spitting in the pools.
- All pool users must shower before entering pools or whirlpools.
- During classes or special events, please comply with all instructions and respect the instructors, coaches and participants.
- Tampering with pool equipment, thermostats, etc, is strictly prohibited.
- Anyone with an open wound or infectious disease is prohibited from entering the pools or whirlpools.
- Don't interfere with a lifeguard at any time.

Weight Room Areas

- Shoes and shirts must be worn at all times.
- No open toed shoes are allowed.
- Please return all weights and equipment to their appropriate places after use.
- Any member or guest who intentionally damages equipment will be held liable.

guest policy

All non-members may purchase a one-day pass for \$15, once every thirty days. Members may obtain a one-day complimentary guest pass from a Membership Representative. To qualify, the guest must be 18 years of age or older, a year-round resident of the area and a first-time visitor to the club. All out-of-town guests will be required to purchase a \$15 guest pass for daily guest privileges.

At the Rock Road location, guest access to the Climbing Wall is available for an additional \$5 with the purchase of a daily guest pass.

refunds

There are no refunds. All sales are final.

attire

Members and guests are required to wear appropriate clothing and shoes while using the facilities and attending club social functions. Shirts must be worn at all times. Extremely short shorts or cutoffs are unacceptable. Jeans are not acceptable as work-out attire. Bare feet, socks, or open-toed shoes are only permitted in the locker rooms or pool areas. Black soled shoes are not permitted on any court surface.

incidents

Notify management or staff immediately if you incur or witness a reportable incident. All exercises, classes, and use of all facilities and services are undertaken by the member or guest at their own risk. Genesis Health Clubs, its owners, employees, subcontractors, agents, successors, or assigns shall not be liable for any and all claims, demands, injuries, damages, actions or causes of action whatsoever, to personal property arising out of or connected with the use of any and all services or facilities of Genesis Health Clubs or their premises where the same are located or arising out of an act of active or passive negligence on the part of Genesis Health Clubs, its servants, agents, owners, employees and/or subcontractors.

damaged, lost, or stolen property

Genesis Health Clubs are not responsible and/or liable for any damaged, lost or stolen property.

violations of regulations

Genesis Health Clubs may post reasonable rules and regulations from time to time regarding the health, protection or safety of our members and guests. All membership agreements and guest privileges shall be subject to strict compliance. Failure by a member or guest to comply with these rules and regulations, posted or not posted, may result in suspension or revocation of membership or guest privileges. No refund of dues, enrollment fees or guest fees will be given if membership or guest privileges are revoked for cause; including any pre-paid membership dues or any other fees.



POLICIES

comments and suggestions

Your comments and suggestions are very important to us. Your comments are reviewed and allow us to maintain the highest level of service. Comment cards are available at different locations in each facility. Check with the front desk if you are unsure where to get a comment card.

personal trainers

Personal trainers are available for individual and group sessions. Many have advanced degrees and/or are certified through a credible national association. Every new member is entitled to a complimentary Personal Training Package. Personal training may only be conducted by Genesis Health Clubs trainers.

pool and spa areas

Pool and spa areas vary per location and may include whirlpools, the flume, dry saunas, wet steam, lap pools and warm-water therapy pools. These areas may or may not be co-ed. Also, all these areas close a half-hour before the club closes. For your safety and the safety of others, please follow all posted rules.

cardiovascular areas

At Genesis, we strive to provide you with spacious cardiovascular exercise areas filled with the best equipment available. To help us provide all our members with an enjoyable experience, please observe a 30 minute time limit on equipment between 8 am and 10 am and between 5 pm and 8 pm. Also, members are asked to wipe off equipment after each use. Finally, check for additional specific guidelines posted in each club.

courts

Genesis does not charge court fees for squash, racquetball, or outdoor tennis. Indoor tennis fees may vary by season. Failure to show before 15 minutes after your reserved court time will result in forfeiture of your reservation. Black-soled shoes are not allowed on the squash, racquetball, basketball or tennis courts at any time. Protective eyewear is suggested when playing racquetball or squash.

reciprocal membership

Genesis Health Clubs is a member of IHRSA, a non-profit organization of quality health clubs. We participate in the Passport Program where club members may use other clubs throughout the world while traveling. Genesis members may be required to pay a guest fee. Details are available at any front desk or online at www.genesishealthclubs.com.

lost and found

Each club has a designated Lost and Found area. All articles will be held for 30 days, then will be given to charity. No confirmation of lost articles will be given over the phone. All items must be identified in person.

age limitations

No children under the age of 13 are allowed to use the facilities, with the exception of club-sponsored, supervised programs. Children between the ages of 13 and 15 must be accompanied by adult members or guests.

kid's club

One of the most important things in choosing a fitness center is finding a facility that suits everyone — including your Kid's! At Genesis Health Clubs, we're a fitness center with the ultimate Kid's Club! You can rest assured, knowing all activities are supervised by professional, Kid's Club specialists.

For added convenience, Genesis now offers a Kid's Club Membership; you can add your child onto your membership for unlimited Kid's Club visits each month. There is also a \$5 drop-in rate for those who want another option. Children must be between the ages of 6 weeks and 13 years old. Kid's Club is only available for children or family of our members during the posted hours of operations. Sons and daughters, grandchildren, nieces and nephews of our members are welcome. A responsible adult must remain on club premises while the child is in Kid's Club. If someone other than a parent is picking up a child, then the Kid's Club staff must be notified beforehand and proper identification shown.

For safety reasons, do not allow your children to bring the following items to Kid's Club:

- Gum • Hard Candy • Peanuts • Toy Swords • Toy Guns
- Coins • Balloons

No bare feet at any time. Children with obvious symptoms of illness are not allowed in Kid's Club. A complete listing of the Kid's Club policies and hours are available at the Kid's Club check-in counter of each location. We have a variety of activities including games, crafts, movies, books, infant activities, parties and much more. Our professional, trained staff is ready to adapt to the needs of your child.

kid's club hours

Kid's Club hours can be found at www.genesishealthclubs.com.

