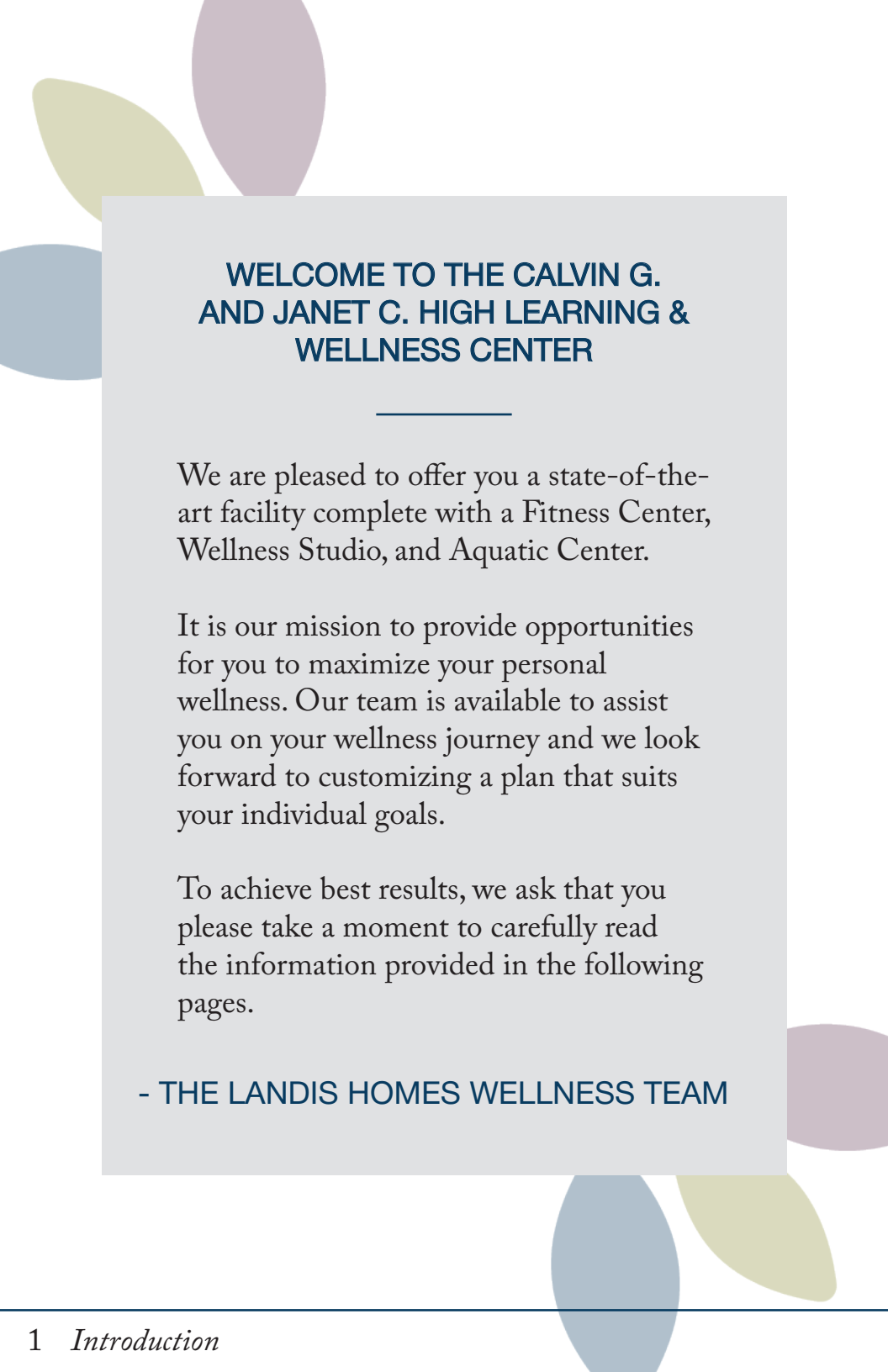




Rules & Guidelines





WELCOME TO THE CALVIN G. AND JANET C. HIGH LEARNING & WELLNESS CENTER

We are pleased to offer you a state-of-the-art facility complete with a Fitness Center, Wellness Studio, and Aquatic Center.

It is our mission to provide opportunities for you to maximize your personal wellness. Our team is available to assist you on your wellness journey and we look forward to customizing a plan that suits your individual goals.

To achieve best results, we ask that you please take a moment to carefully read the information provided in the following pages.

- THE LANDIS HOMES WELLNESS TEAM

Getting Started

How to Schedule a Wellness Center Orientation

For Residents

To provide a customized experience for residents, we have implemented the following measures to ensure each person is prepared to utilize the related equipment and participate in programming as safely as possible. Prior to utilizing the Fitness Center, the Aquatic Center or participating in classes or sponsored wellness programs, residents must complete the following actions:

Obtain a copy of the Resident New Member Packet from the information board or by contacting a Wellness Team member. Please submit your completed packet to Wellness. Once your packet is received, a team member will contact you to schedule an orientation. After completion of your orientation, your personal key fob will be programmed, granting access to the Wellness Center (this typically takes 24-48 hours).



Getting Started

How to Schedule a Wellness Center Orientation

For Team Members

Team members are encouraged to utilize the Wellness Center as part of their employment benefit. All team members must schedule a brief orientation with a member of the Wellness Center team and sign the Release of Liability Agreement prior to using the Wellness amenities.

For Other Eligible Users*

For others listed as eligible per the Eligibility and Use Policy, completion of the Release of Liability Agreement is required prior to initial use.

Members of Friends Life Care. Please see a member of the Wellness Team to discuss your unique membership benefits.



Wellness Center

Policies & Procedures

General Information

- All members use the Wellness Center at their own risk. Landis Homes is not responsible for any injuries sustained while using Wellness Center facilities. A signed Release of Liability Agreement is required by all users of the Wellness Center and of wellness sponsored programs.
- If you experience any pain or discomfort during your exercise session, immediately inform a team member so that the activities can be adjusted to your comfort level.
- Please display proper etiquette, language, and courtesy always. This includes conduct and following equipment and facility guidelines.
- In the event of an emergency, please notify a team member who will activate the Emergency Action Plan for the area/building.
- Landis Homes will not be liable for loss, theft, or damage of personal property including items left in all areas of the Wellness Center.
- Family changing rooms are provided for your convenience. Showers are equipped with wheelchair accessibility. Lockers are for day use only and not meant for extended use. Locks are available in the Aquatic Center.
- It is our policy to entertain and grant requests for renting the Aquatic Center on a case-by-case basis to affiliates (with preference given to residents of Landis Homes). A Rental Agreement can be obtained from a Wellness Team member.

Wellness Center Policies & Procedures

- Only persons outlined in the Eligibility and Use Policy are permitted to utilize the Wellness Center.
- Please adhere to the posted guidelines located in the Fitness and Aquatic Centers.
- The Aquatic Center and all exercise classes will be closed on all major holidays.
- Questions and concerns should be directed to a member of the Wellness Team.

Guests

- Resident guests are welcome to utilize the Fitness and Aquatic Centers. Group Exercise Classes are a service only offered to our residents.
- Residents are responsible for their guests and are required to remain with them for the duration of their visit.
- All guests must sign a Release of Liability Agreement.



Aquatic Center

- A lifeguard must be present at all times during operational hours of the pool and spa.
- Lap swimming and independent pool use is available during open swim time blocks
- Independent spa use is not available during class times.
- A shower must be taken prior to entering the pool and spa. Showers are conveniently located on the pool deck next to the spa for rinsing while clothed in bathing suit.
- There is no diving/jumping permitted at any time.
- There is no Hypoxic Training (breath holding) permitted at any time.

Classes

- Classes are for the benefit of residents of Landis Homes.
- We offer group fitness classes of all intensities throughout the week during normal business hours. Classes are evaluated according to community needs and are subject to change.
- Class schedules are available in the Wellness Center. The intensity level is indicated by color and the duration is noted for each option. Class descriptions can be found on the back.
- Attendance is first-come, first-served.
- For your safety, closed toed athletic shoes / sneakers are highly recommended.
- Adequate resident participation is required to prevent cancellation of group classes. Please see a member of the Wellness Team with questions.

Other Services

Personal Training

The Wellness Team offers 1-1 training sessions for those who may desire additional support and guidance. For pricing details and more information about our Personal Training Program, please contact a member of the Wellness Team.

Other Services/Offerings

In addition to the offerings noted above, we also organize additional programs and events to encourage wellness. These offerings are advertised in a variety of ways including but not limited to WLH TV channel, LH News, Activity Calendar, the Resident Apps and informational pamphlets located in the Wellness Center. Please see a member of the Wellness Team for more information or to share feedback on program offerings.

Contact Information

For questions or further assistance, please contact a member of the Wellness Team. We look forward to seeing you in the Wellness Center soon!

In-person: Crossings Main (ground floor)

By phone: 717-569-3271 Ext. 3084

By E-mail: wellness@landis.org