



HEART HEALTH INSTITUTE RULES AND REGULATIONS

PLEASE REVIEW THE FOLLOWING INFORMATION:

MEMBERSHIP RATES AND PROGRAMS:

- Memberships can be purchased in three, six or twelve-month increments without paying an initiation fee.
See front desk for current prices.
- EFT (Electronic Funds Transfer) Memberships are considered an annual membership and are offered at the renewal rate, plus initial fee of \$70.00 for fitness assessment and orientation to the equipment.
- Drop-in members: \$10.00 per visit
Eligibility for a drop-in program is at the discretion of the clinical staff and with the understanding that the client has adequate knowledge of the machines and fitness facility protocol.
- Membership renewal rates are valid for 30 days after expiration date.
- Membership expirations dates cannot exceed twelve months from the date of payment.

MICROFIT:

- Each new member will receive an initial fitness evaluation prior to starting his/her exercise program.
- If a member does not exercise at the Heart Health Institute in excess of three months the staff may require medical clearance, re-evaluation and reorientation to the equipment.

ORIENTATION:

- Each new member will receive a full orientation to the cardiovascular and Nautilus equipment by a fitness professional. Members are asked not to use equipment to which they have not been oriented by a qualified Heart Health Institute staff member.

EFT MEMBERSHIP POLICIES:

- EFT memberships are based on an initial twelve-month commitment established on the first day of the month after the initial evaluation.
- First month's membership will be prorated based on percentage of the month remaining plus the initial evaluation fee. This amount is due at the time of the initial fitness evaluation or the first day of exercise.
- New members are subject to an initial fee of \$70.00 to cover the cost of the initial fitness evaluation and orientation.
- The monthly fee is a one-year commitment and may only be frozen for documented medical issues or documented family emergencies that prevent client from attending the facility resulting in an absence of 30 days or more. Missed time will be added to the end of the membership contract.
- EFT memberships may be cancelled with a contract buy out of \$75.00 on or before the 7th day of the current month.
- EFT memberships may be cancelled in the event that a medical condition with clinical documentation results in the inability to exercise for four or more months from the date that Heart Health Institute has been informed in person or in writing of the medical issue. Clinical documentation must be provided within 30 days of notice.

FITNESS ROOM RULES AND REGULATIONS:

- Shirts and sneakers are required. (*No street shoes*)
- No jeans, cut-offs or swimsuits while on the equipment.
- No food, drinks (except water).
- No gum chewing.
- Use sanitary wipes provided to wipe down equipment after use.
- You must be 18 years of age or older to use the facility without parent or guardian supervision.
- Intentional misuse of the equipment will result in cancellation of membership privileges.

MEDICAL ISSUES AND FAMILY EMERGENCIES:

- If you are unable to exercise due to a medical issue, please speak with the Front Desk Staff. Medical issues will be handled on a case-by-case basis. Memberships may be "put on hold" with documentation of a medical reason to not exercise or a family emergency that prevents the member from exercising.

HOURS OF OPERATION:

- Monday – Friday 6:00 am – 6:00 pm Telephone: (207) 351-3700
- Saturday 7:00 am – 12:00 pm Fax: (207) 363-9864
- Closed Sundays and most major holidays Email: HHI@yorkhospital.com