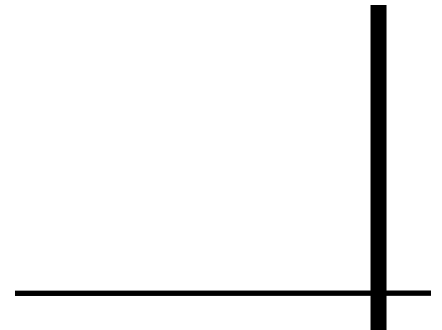


Fitness Handbook



*A Comprehensive Menu of
Fitness Programs and Services*

January 2008



Fitness Member Handbook



How to Make the Most of Your Fitness Membership



Welcome to membership in mid-Michigan's finest wellness center! Our staff is committed to providing you with outstanding service, and we are confident you will enjoy your experience here. This handbook will familiarize you with the basic programs and services available to all fitness members. Please check your monthly University Club newsletter for current offerings.

Checking In

You won't need to present an ID card at the Fitness Center. After only a few visits, our staff will know you by name and face. Simply stop by the front desk when you arrive to check in. Let us take your picture to assist us in getting to know you!

What to Wear

Wear whatever makes you feel comfortable. Closed toe footwear and shirts are required in the weight and cardio area, as well as in the hallways to and from the locker rooms.

Locker Usage

Lockers are available on a complimentary basis for daily use, or by rental for \$20/month. (A second locker within the same area may be rented for an additional \$10/month.) All lockers feature a programmable digital lock. Day lockers automatically unlock after six hours, so please remove your belongings from a day locker when you leave the club for the night. For the safety of your items and appearance of the facility, please keep all items in a locker. To rent a locker, contact the front desk.

Locker Room Policies

- Please be courteous and respectful of others.
- Use a towel when sitting on the lounge chairs in the locker room and while in the sauna and steam rooms.
- Shower before entering the whirlpool, steam room, or dry sauna.
- Refrain from using heavy perfume or cologne, as some individuals are allergic.
- Return all linen, robes, and slippers to the bins labeled "LINEN" located in the locker rooms.
- Return items to their original locations after use.
- Camera phones & PDAs are prohibited in the locker rooms.

Need Something?

If you forgot something, use the house phone in the locker room to call the front desk. Personal hygiene items (such as combs, toothbrushes, and razors) are available at no charge. Other items (such as socks) may be purchased. Beverages, snack bars, and other refreshments are available for sale in the Fitness Center. Simply bring your item to the front desk for purchase.

Retail Purchases

A wide selection of supplements (with our low-price guarantee!) are available at the front desk, along with skin and hair care products, fitness apparel, and exercise accessories. Gift certificates for Club memberships, spa or personal training services, and other items may also be purchased at the front desk. All purchases will be charged to your member number.

Age Policy

As an adults-only club, children between the ages of 15-17 (or who are at least a sophomore in high school) must have special permission to use the facility. Contact the front desk for details.

Guest Policy

We encourage you to bring guests to the Club! Each guest is allowed to visit a maximum of ten times per year. Guest passes are available at the front desk for \$10 and include unlimited use of the fitness center, locker room, steam room, dry sauna, and whirlpool for a full day.

Kidz Club Childcare

Kidz Club offers childcare for children 12 years and younger. Advance reservations are required for children under 2 years of age. For hours, pricing and reservations, call the front desk.

Suspending Your Membership

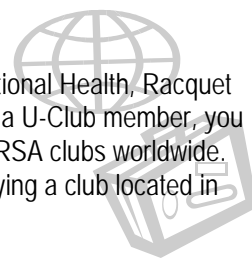
A membership may be "suspended" for three or more months for medical reasons or when leaving the area. A monthly fee of \$10/membership will be assessed during the leave.

Suggestions & Compliments

Suggestion and compliment cards are available in the locker rooms and can be placed in any of the suggestion card boxes or given to a Wellness Service Leader. All suggestions are seriously considered.

When You're on the Road...

The U-Club is a member of the International Health, Racquet & Sportsclub Association (IHRSA). As a U-Club member, you enjoy guest privileges at over 5,000 IHRSA clubs worldwide. The front desk can assist you in identifying a club located in the area you will be visiting.



Getting Started with Your Wellness Program

Basic Fitness Planning

Every new member is provided with a complimentary Basic Fitness Planning session performed by one of our certified personal trainers. This session will provide you with a baseline for beginning an exercise program, a strategy for reaching your goals, and a means for measuring progress. The following tests and measurements are performed during this session:

- *Blood Pressure*
- *Body Weight & Height*
- *Flexibility*
- *Body Composition*--a painless measurement of skin folds at three locations
- *Resting Pulse*--determines a target heart rate range during cardiovascular exercise
- *Waist-to-Hip Ratio*--measurements performed to identify your risk of cardiovascular disease

Your trainer will present you with a full-color printout of your results, and work with you to identify problem areas and set goals. He or she will then assist you in outlining the personalized exercise program that's right for you.

Those recovering from an injury or wanting detailed information on their wellness level will want to consider our **Advanced Fitness Planning** session instead of the Basic Fitness Planning. While there is a charge for this service, the advanced tests and in-depth analysis are well worth it for the experienced individual. The services provided in this session are outlined in the section entitled, "Additional Fee-Based Services."

News & Events

We work hard to keep members informed about the Club. The Club's newsletter, mailed to all members at the end of every month, devotes a page to news from the Fitness Center & Spa. In addition, we occasionally distribute emails highlighting news and upcoming events, so please stop at the front desk to confirm your current email address. Be sure to check the bulletin boards located in each locker room and by the front desk for current news, weekly fitness and health tips, and upcoming events. Finally, important information is also posted on our website. Visit us at www.universityclubofmsu.org

Facility Orientation

Once you have completed your Basic or Advanced Fitness Planning session, you are encouraged to schedule a complimentary Facility Orientation. During this 45- to 60-minute session, our knowledgeable Fitness Center staff will instruct you in the appropriate use and settings of all equipment:

- **Cardiovascular Machine Orientation**
We offer an array of cardiovascular machines, including treadmills, bikes (recumbent and upright), elliptical trainers, Stairmasters, Nu-Steps, Rowers, and more.
- **Magnum Strength Orientation**
We'll show you how to use the Magnum Strength Circuit to achieve a basic total body workout.

The Next Step

Our personal trainers have years of experience working with clients of all ages, fitness levels, and health conditions. Whether your goal is to lose weight or to improve strength, stamina, flexibility, or muscle tone, a personal trainer can design a customized program just for you, using the Club's many resources. Some of our standard programs are outlined in the "Fitness Training" section of this brochure. If you are interested in personal training, please schedule an appointment at the front desk.

Group Exercise Classes

A free menu of group exercise classes is available at the Fitness Center front desk. The schedule, which changes quarterly, includes a brief description of each class for your reference. We offer the most up-to-date and popular group exercise classes in the area.

Spa Appointments

To schedule a fitness planning, orientation, or personal training session, massage, facial, or other spa services, please call or stop by the Fitness Center front desk. Keep in mind that appointments canceled less than 24 hours in advance, as well as no-shows, will be charged at 50% of the service fee.

Fitness Center Hours:

Monday - Friday	5:30 a.m. - 9:00 p.m.
Saturday:	7:00 a.m. - 7:00 p.m.
Sunday:	9:00 a.m. - 5:00 p.m.

Kidz Club Hours:

Monday - Friday	8:30 a.m. - 1:00 p.m.
	5:00 p.m. - 8:00 p.m.
Saturday:	8:30 a.m. - 1:00 p.m.

Additional Fee-Based Services

Advanced Fitness Planning

Work one-on-one with our personal trainers as they guide you through a comprehensive battery of tests and evaluations to determine your present level of fitness. You will then receive a recommended program of cardiovascular and strength training. To enhance motivation and accountability, you will be re-tested in three months and your results will be evaluated with you. In addition to the tests and measurements conducted in the Basic Fitness Planning, you will receive:

- Submax VO₂ testing- a treadmill test to determine cardiovascular fitness
- Body circumference measurements
- Total body 1RM testing- weight-lifting test to determine muscle strength
- Cardiovascular training program prescription
- Strength training recommendations
- Seven-site body composition test

Fitness Members: \$99 (includes the pre- and post-assessments)
Others: \$129

Wellness Evaluations

Fitness involves more than just body fat, muscle, flexibility, and endurance. Skeletal alignment, lung volume, muscle structure, balance, and metabolism are necessary components in fitness that are seldom available and often very expensive. We have arranged for these options to be available to our members for a reasonable fee.

Cholesterol Testing

The Fitness Center & Spa is proud to participate in the Cholesterol Education Initiative. Determine your cholesterol level by picking up a cholesterol form at the Fitness Center and visiting any local Sparrow Regional Laboratory Patient Center to have your blood drawn. Results will be sent to the U-Club and one of our certified exercise physiologists will explain them to you during a personal training session or a complimentary evaluation with Patrick Sustrich. (Results can also be sent to your primary care physician.)

Total Program Cost: \$20

Wellness Index Evaluation

The Wellness Index Evaluation evaluates often disregarded areas of complete wellness such as Moving, Feeling, Finding Meaning, Transcending, and Self-Responsibility. A degreed exercise physiologist will review your evaluation, interpret the results, and provide you with ways to help reach optimal wellness.

30 minutes • Fitness Members: \$35 • Others: \$45

Maximal VO₂ Testing

VO₂ Max is a measurement used to determine the body's capacity and efficiency in using oxygen. Knowing your VO₂ Max results allows a results-based cardiovascular exercise routine to be developed by a personal trainer. To determine your VO₂ Max, complete a health history questionnaire and schedule and perform a maximal treadmill test offsite. One of our certified exercise physiologists will review the results and create an exercise prescription for you during a personal training session.

Fee - Determined by the Health History Questionnaire

Low Risk: \$149 • High Risk: \$249

**Tests are performed offsite, by appointment only and must be scheduled 2 weeks in advance to ensure availability. Approval from your primary care physician may be needed.*

Body Scan Test

Knowing your body composition as well as your bone density can greatly increase your chances for a long, healthy life. To obtain this information, schedule an appointment with an exercise physiologist at the Fitness Center. You'll then schedule and perform a Body Scan test offsite and review the results with an exercise physiologist at the Fitness Center during a personal training session.

Fitness Members: \$79 • Others: \$99

**Tests are performed offsite, by appointment only and must be scheduled 2 weeks in advance to ensure availability. Approval from your primary care physician may be needed.*

Muscle Testing & Functional Test

This battery of tests will assess your muscles' resting lengths and force production which can identify muscle imbalances and posture/alignment problems. Specific tests include a comprehensive series of postural evaluations, muscle testing (to identify muscle imbalances), and balance testing. Information from this evaluation can be used by your personal trainer to recommend specific exercises, stretching, and fitness programs to improve your quality of life.

60 minutes • Fitness Members: \$69 • Others: \$79

Metabolism Test (MT)

Knowing your resting metabolism is the single most effective way to control weight loss, weight gain, or simply maintain your present weight. This test evaluates your metabolism based on the volume of air exhaled at rest. With this information, your personal trainer can accurately recommend exercise and a dietary program to help you reach your goals faster. (For an individual menu plan, please schedule a nutritional consultation).

60 minutes • Fitness Members: \$79/test • Others: \$99/test

Personal Nutrition Programming

Nutritional Consultation

Work with an exercise physiologist or registered dietician to put the "healthy" back in your diet. You choose the topic, we'll provide the nutrition expert. Possible topics include: Feeding Healthy Children, Underweight, Eating for Exercise and/or Energy, Nutrition for the Busy Traveler, Vegetarian Eating, Portion Control, etc.

60 minutes • Fitness Members: \$60 • Others: \$70

30 minutes • Fitness Members: \$35 • Others: \$45

Vitamin & Mineral Supplements

Receive objective expert advice about supplements based on your age, health risks, history, and dietary patterns. A physiologist will offer recommendations for using vitamins and minerals, including feedback on the doses and forms of the supplements. Please bring any supplements you are currently taking to the appointment.

30 minutes • Fitness Members: Free • Others: \$25

Fitness Training

Personal Training

This is the perfect service if you are training for a specific competition, athletic activity, or goal. You'll also find this helpful if you have specific conditions that in any way affect your ability to be active. Examples include diabetes, recovery from stroke, arthritis, circulation problems, neuromuscular disease, and balance or agility issues. You will be guided through selected exercises and receive a precise, written workout routine. **You may benefit from more than one session.**

Advanced sessions include: Weight Training, Swimming Stroke Analysis, Cardiovascular Training, Triathlon Training, Bicycle Training, Marathon/10K Training, Boxing, Outdoor Physical Training.

Specialized needs sessions include: Balance & Agility, Exercising with Arthritis, Post-Surgical Fitness, Diabetes, Pre- & Post-Natal Exercise, and Travel Programming.

*Training Rates

30 minutes • Fitness Members: \$35-\$42 • Others: \$40-\$47

60 minutes • Fitness Members: \$55-\$65 • Others: \$61-\$72

*Personal Training rates vary based on the Trainer's degree, certification, and years of experience.

A.I.M. Training Program

Take A.I.M. at fitness and step up to the challenge with our program designed to help you with Adherence, Incentive, and Motivation (A.I.M.). You'll start with a fitness assessment, conducted by the personal trainer of your choice. Your trainer will then create a three-month training program specifically for you, throughout which you will submit your weekly exercise journal for his or her review. Your trainer will contact you weekly via e-mail or phone to modify your program, set new weekly goals, or fine-tune your nutrition, coaching you toward success! You'll also receive a skinfold body composition assessment and a muscular strength assessment.

For an additional fee, we'll provide a weekly nutrition log on which to chart your dietary habits, and your trainer will recommend carbohydrate, protein, and fat consumption ratios based on your specific fitness goals.

Three-month Personal Coaching Program: \$99/quarter

Additional Nutritional Consultations & Log: \$50/quarter

"Your Own Group" Exercise Class

Let us schedule a private group exercise class, such as Yoga, Pilates, Tai Chi, Cycling, Body Sculpting, Step Aerobics or Circuit Training, exclusively for your group! Multiple classes may be scheduled for larger groups (based on studio and instructor availability).

Each class: \$1/minute (Offered in five-minute increments; minimum of 15 minutes.)