

Welcome to the Wellness Center

We're so happy you've decided to join our gym as a member.

Listed below are a few things to keep in mind as you use our facility.

- Be courteous and limit your time on the cardio machines to 30 minutes.
- To avoid the spread of germs, please wipe down the equipment after use.
- Members shall use the wellness center equipment respectfully and only in the manner intended by the manufacturer. You may not modify the equipment in any way whatsoever.
- Members are prohibited from bringing their own equipment to the center for personal use.
- Lockers are available in the locker rooms for use during your visit. Please take all of your belongings with you when you leave.
- It is very important that you follow your doctor's recommendations. If he/she has restricted your activity, please adhere to those instructions.
- Please tell us if your health status changes. It is crucial that we know about your progress or your limitations so we can do everything we can to support you and help increase your level of wellness.
- Members should wear shorts, shirts, etc., that minimize skin contact with equipment and other facility surfaces, such as chairs, bench and machine pads and seats.
- Members must follow written or verbal direction from Wellness Works staff. This is required for your safety, and to preserve the facility and equipment.
- Harassment in any form is not tolerated. Any member who creates a hostile environment through intimidation, or verbal/physical harassment toward another person on premises, will be asked to leave the facility.
- Membership at the Wellness Center is a privilege, not a right associated with employment in Maine State Government. Any member who threatens or harasses another member or staff while in the Wellness Center may be asked to leave the facility. Membership may be revoked at the discretion of the Wellness Center staff in conjunction with a representative from Employee Health & Benefits.

Thank you for your cooperation!

Please read the above document and sign and date below in agreement to our terms, with an understanding that it is your responsibility to comply with our center guidelines. Thank you!

Signature _____

Date _____

Witness _____

