

Welcome to Providence Fitness! We are excited to provide the Providence Community with an outstanding Fitness facility that will provide you the opportunity to live a healthy lifestyle.

### **Becoming a Member**

If you would like to become a member of Providence Fitness, memberships are available to the public, students, faculty and staff. Memberships can be purchased from the Providence Business Office. Office hours are 8:15am to 4:30pm Monday through Friday.

Members must be a minimum of 18 years old (or else be supervised by an adult). No children under the age of 16 can be in the Fitness Centre at any time.

### **Contact Information**

Phone - 433-7488

Email - [fitness@prov.ca](mailto:fitness@prov.ca)

### **Parking and College Entrance**

Parking is available free of charge (for public members) in the main parking lot on the east side of campus. Please enter the College through the east entrance of the Hanna Building (main campus building).

### **Hours of Operation**

**P** 7:30am to 11pm Monday - Friday

**P** 9am to 11 pm Saturday

**P** 1pm to 11pm Sunday

**P** Providence Fitness will be closed on any holidays or days that the College is not open\*

\* Alternate Hours will be posted on the Fitness Centre door and change room doors a minimum of 1 week prior to the start of any changes in hours.

### **Locker Rooms**

Locker rooms are located on the east side of the Providence Fitness entrance hallway. Providence College & Seminary is not responsible for any lost or stolen items. If you wish, you may bring your gym bag and personal items into the facility but these items **must** be taken with you when you leave. Any items left in the Locker Room (other than in a rented locker) or Fitness Centre for more than 24 hours will be placed into the Lost & Found.

### **Lockers**

Lockers are located in each of the change rooms and are available to rent for \$15 per semester (\$45 for 12 months). Lockers can be purchased from the business office. Once a locker has been purchased, Providence Athletics will remove the standard lock from the locker door and the member must provide their own lock.

### **Fitness Centre Security**

Providence Fitness will provide each member a number code for the entrance key pad. Any member who shares this code with non members will be fined and their membership will be revoked. A security camera will provide surveillance of the entrance.

### **Training Programs**

Providence Fitness will provide workout programs for some guidance and goal setting. These workout plans are available in the fitness centre.

### **Guest Passes**

Guest passes can be obtained from the Business Office. All guests must sign the guest form and sign the waiver form.

### **Emergency protocol**

Emergency numbers will be posted. Please contact the appropriate authority in the event of an emergency.

### **Policies**

- P** Providence College & Seminary (Providence Fitness) is not responsible for any lost or stolen Items.
- P** Members of Providence Fitness assume all risk associated with the facility.
- P** Absolutely no cameras will be allowed in the fitness facility or change rooms.
- P** Members may use personal music players with earphones, but no personal stereo systems will be allowed.
- P** The stereo's volume in the Fitness Centre can not be set higher than 18 (as posted).
- P** Members are expected to
  - wipe down equipment after use
  - not drop the weights and rack them after use
  - clean up after themselves (do not leave shoes in Fitness Centre)
  - respect other members
  - wear clean indoor shoes and shirts at all times
  - no food or glass is allowed in the facility
- P** Fines of \$100 will be handed out and membership privileges revoked to those members who violate the following terms.
  - allowing in non-members to this facility (tours are available through the Athletic Department)
  - sharing the number code with non members

### **Cancellation Policy**

- P** Members wishing to cancel their memberships prior to the end of their contract for any reason will be held to the following criteria (monthly rate used for reimbursement will equal the monthly rate that was paid for each specific contract). This cancellation policy comes into effect as soon as the contract is signed.

#### **Length of Time Left on Contract**

1-2 months  
3-4 months  
5-6 months  
7-8 months  
9-12 months

#### **Available Refund**

No Refund  
1 Month  
1 ½ Months  
2 Months  
3 Months