



Life Center

Membership Guidelines

Memberships

All members of the Life Center® Health & Conditioning Club of Greenville Health System (GHS) sign a month-to-month contract and have the option of a bank draft or a savings of five percent if payment is made in full. GHS part- and full-time employees must payroll deduct their dues; PRN employees must bank draft their dues. Membership continues month to month until a termination notice is received.

All members joining the Life Center must complete a Health History form. The Life Center will have a qualified staff person review this form and determine if further medical information, physician release or testing is needed.

Members are expected to follow all policies, procedures and the Life Center Code of Conduct as signed at time of application for membership.

Memberships can be placed on hold for up to 90 days or upgraded as needed. A 30-day written notice is needed to terminate membership.

Membership Cards

Members receive a membership card at the time of enrollment. Members are asked to scan their card at the front desk when entering the club. There is a nominal fee for replacement cards.

Dress Code

Athletic attire and closed-toe shoes are required in all areas of the facility (except the pool, yoga, stretch and Pilates classes as permitted by the instructor). Hospital scrubs are not permitted, and women must wear a top over sports bras. Questionable workout attire will be addressed by management.

Towel Service

The Life Center provides daily towel service for members and guests. Bath towels are available in the locker rooms and pool entrance. Sport towels are available outside the locker rooms. Used towels should be placed in the towel bins located throughout the facility.

Guest Policy

The Life Center welcomes guests to our facility (subject to medical clearance).

There is a nominal guest fee per visit. Guest privileges do not include Kids Korner babysitting services. Guests may use Kids Korner for an additional fee per hour per child depending on availability (reservations requested).

Guests under age 18 must have written parental/guardian consent to use the Life Center. Guests under age 14 are not permitted on equipment; however, the pool, outdoor and indoor track are available with parental/guardian supervision. Members with grandchildren under age 14 may use the club as a guest at the children's guest rate. All guests are required to follow all Life Center policies, procedures and the Code of Conduct.

Workout Etiquette

As a courtesy to others, members are requested to limit their time on the cardiovascular equipment to 30 minutes if others are waiting. Members are encouraged to share strength equipment between sets and to return all weights to their proper place after use. Cell phone use is prohibited in the arena and during classes except for emergencies. Additional etiquette guidelines are posted throughout the facility.

Equipment

The Life Center requires members to use equipment for its intended purpose. If members are unsure how to use a piece of equipment, Conditioning Specialists are available to assist them. As part of membership, Personal Equipment Orientations (PEO) are available for all members; free periodic reviews are available every six weeks.

Group Fitness Classes

No children under age 14 are allowed in any group fitness or water aerobic class, unless pre-approved by the supervisor of Group Fitness.

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Swimming Pool

Members should rinse before entering the pool and refrain from using soap/shampoo at the pool shower. Three lap lanes are always open for continuous swimming. Two or more people can swim in each lap lane. Please wait until the swimmer stops to rest before asking to share the lane. If the open swim area is not congested, lap swimming can occur in the fourth and fifth lanes. Children are not allowed to play in lap lanes.

Open swim is not permitted during water aerobic classes. Please refer to the Group Fitness Class Schedule for class times.

The open area may be used during swimming lessons and other times. Private swim lessons may be conducted by an instructor during water aerobic classes from the flag poles to the walls, which will not conflict with the water aerobic participants. Swim instructors may be in the beginner lap lane instructing a Level III or higher child or adult while members are swimming laps.

No food or beverage (other than water) is allowed on the pool deck.

Locker Service

The Life Center provides lockers on a daily basis to members using the facility. All members and guests must provide their own lock. Half and full lockers are available for a six-month contract. All locks left on lockers, except rentals, will be cut off each evening and locker contents removed.

Kids Korner

Kids Korner, our babysitting service, accepts children age 8 weeks to 9 years old. Each child has a two-hour limit, and the service is free for members. Only parents or legal guardians are eligible to use Kids Korner as part of membership.

Reservations are requested and should be made the day of use. Guests may use Kids Korner for a nominal fee per hour per child depending on availability (reservations requested).

Lost and Found

All lost and found articles are turned in to the Front Desk. Items are labeled and dated and stored for two weeks before being donated to Goodwill. We are not responsible for lost or stolen items.

Holidays

The Life Center is closed on New Year's Day, Easter, Thanksgiving Day and Christmas Day. Management reserves the right to modify hours and closings.

Comments and Suggestions

Comments and suggestions are important to us. Please place comments or concerns in the Suggestion Boxes located throughout the facility or address them to the club management. Member comments will allow us to maintain the highest level of service.

The Life Center follows all Greenville Health System policies as outlined in the GHS Manual of Policy Directives.

Additional Services and Amenities

- Aerobic Classes
- Aquatic Arthritis Classes
- Aquatic Classes
- Complimentary Coffee and Towel Service
- Corporate Memberships
- Cycling Classes
- Dance Instruction
- Dry Sauna
- Health Education Classes
- Healthy Steps
- Massage Therapy and Classes
- Metabolism Testing
- Monthly Club Newsletter
- Nutrition Counseling
- Personal Training
- Pilates Mat Class
- Pilates Personal Training (Chair, Reformer, Group)
- Pool Parties
- Room Rental
- Speaking Engagements/Presentations
- Strong Kids (ages 10-13)
- Swim Lessons (children and adults)
- Temporary Memberships
- Walking/Jogging Tracks (indoor and outdoor)
- Wireless Network "701Guest"
- Yoga

Please inquire at the Front Desk for more details:
Call **(864) 455-4231** or visit us at ghslifecenter.org.