



New Member Policies & Guidelines

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HOURS OF OPERATION:

Monday—Thursday 5:00 a.m.—10:00 p.m.
Friday 5:00 a.m.—8:00 p.m.
Saturday 7:00 a.m.—7:00 p.m.
Sunday 9:00 a.m.—6:00 p.m.

KIDS CLUB HOURS:

Monday—Thursday 8:00 a.m.—8:00 p.m.
Friday 8:00 a.m.—6:00 p.m.
(M-F Closed 1:00 p.m.—2:30 p.m.)
Saturday 8:00 a.m.—2:00 p.m.
Sunday Closed

visit www.stbernardswellness.com or see our Facebook page for Holiday hours



Welcome

We want St. Bernards Health & Wellness to be your community resource for achieving and maintaining a healthy lifestyle. Our team of qualified professionals, combined with the most advanced equipment and services, can provide you with everything you need to succeed.

Our members are why we are here. Please feel free to express your thoughts to us at any time; we welcome your comments and suggestions. Let us know how we can motivate you and help you stay focused on getting the most out of your membership!

OUR MISSION

To provide medical wellness and fitness programming to our community thereby enhancing holistic health through mind, body and spirit. Our main focus is to assist individuals of all ages and cultures to reach their wellness goals. Whether it's illness prevention or focusing on preventing further chronic illness complications. Changing Lives is our motto, one individual at a time.

OUR PHILOSOPHY

St. Bernards Health & Wellness is owned and operated by St. Bernards Medical Center. St. Bernards Medical Center is the region's premier healthcare provider. We're here because scientific research mandates that healthcare focuses not only on disease, but also on prevention. We pledge to provide outstanding health and wellness opportunities in an exceptional environment with unsurpassed customer service.



General Policies

St. Bernards Health & Wellness is focused on the health and wellness of all people in the region. In order to maintain a comfortable environment, which is non-intimidating, we ask that our members follow these guidelines.

CLOTHING

Upper garments should cover the midriff. They should cover the chest and not be overly revealing. Lower garments can be short or long, but should fully cover the groin and rear. No clothing should contain any offensive references. Bathing suits should be modest in appearance and bikini's are NOT allowed. If it is determined by management that a member's clothing is unacceptable, he/she may be asked to change. These policies are meant to encourage a family-friendly environment.

MEMBER CONDUCT

Disrespectful conduct, behavior and/or other actions that negatively impact our guests, staff or other members will not be tolerated and may result in ejection from the facility and revocation of membership.

EMERGENCIES

Emergency exits are clearly marked throughout the facility. In the event of an emergency, contact the nearest staff member and follow instructions. Fire alarms are located throughout the facility. Please notify staff immediately regarding any accident or injury.

SMOKING

Smoking is NOT permitted anywhere in or on the property.

WEAPONS

Guns, knives and other weapons are NOT allowed in or on St. Bernards Health & Wellness property.



SAFETY

Members and guests should observe all posted signs and use caution while at the facility. First Aid kits are located at the service desk. St. Bernards Health & Wellness staff are trained in CPR/AED and First Aid. Additionally, there are two AED's located within the facility and an emergency phone in each locker room.

WEATHER

If Jonesboro Public Schools are closed, we will cancel classes for that day. In an emergency situation, locker rooms are designed tornado shelters for members and guests. Members can contact the service desk at 870-207-7700 or check our website for more information.

CELL PHONES

For the benefit of all members and for safety purposes, please limit cell phone use while in the fitness areas. Do not use your cell phone while exercising on any of the cardiovascular or strength equipment. Cell phones should not be used in the pool, therapy pool, hot tub or sauna.

PHOTO AND VIDEO

Photography or videography are not allowed without management approval.

Wi-Fi ACCESS

St. Bernards Health and Wellness offers free Wi-Fi to our guests. Choose StBernards-Guest within your Wi-Fi settings. Once you go online, you will be prompted to our terms and agreement; click Accept.

QUESTIONS OR COMMENTS?

Any of our staff members can assist you if you have questions. If you would like to write down comments or suggestions, a suggestion box is located across from the customer service desk. We appreciate your feedback and will do our best to consider each and every comment or suggestion.



Member Services

TOWELS

Towel service is complimentary with your membership. Sweat towels are available in the fitness areas and their use is encouraged for the benefit of all members. Bath towels are available in each locker room. To help us reduce costs, please make sure to drop your towels in the bins located in the locker rooms prior to leaving the facility.

LOCKERS

A limited number of permanent lockers are available for a monthly fee. These are rented on a first-come-first-serve basis. Day-use lockers are available for no additional fee. If you use a day-use locker, you must take your personal items home when you leave each day. Any items left in a day-use locker overnight will be removed, and the items will be placed in lost and found.

LOST AND FOUND

Any items found should be turned in at the customer service desk. They will be retained for a period of 30 days. St. Bernards Medical Center and St. Bernards Health & Wellness are not responsible for lost or stolen items. After 30 days, lost and found items will be donated to charity.

MEMBER CONSULT

When you join St. Bernards Health & Wellness, we provide you with a new member consult and/or a full health assessment. The new member consult consists of a review of Health History Questionnaire, Physical Activity Readiness (PAR-Q), as well as goals and interest. If applicable, you are then scheduled for a fitness assessment that consists of, objective and subjective measurements, including but not limited to blood pressure, body composition, flexibility, lipid and glucose profiles and girth measurements. Our high-



ly trained staff will work to help ensure that you can use the exercise equipment safely and effectively. You may make an appointment for any of these services at the customer service desk.

EQUIPMENT DEMONSTRATION

An orientation to the equipment is highly recommended, even if you choose not to participate in the health assessment. Appointments may be made at the customer service desk or with one of our fitness staff. The appointments typically last one hour. Taking the time for this appointment is very valuable, and it is critical for getting the most out of your membership. Please let us know in advance if you cannot make your appointment, so that we can offer the time to someone else.

WALKING TRACK

Thirteen laps around our large indoor track is equal to one mile. There is a smaller track in the outpatient cardiac rehabilitation area, which requires 25 laps to equal one mile. Check the directional sign each day to make sure you are walking/running in the correct direction, as we will change the direction regularly. Walking/running in the same direction as the sign indicates is required. The inside lane is reserved for walkers, while the outside lane is reserved for joggers. Participants should enter and leave the track with extreme caution. No children under the age of 12 are allowed upstairs.

TELEVISION VIEWING

Almost every piece of cardiovascular equipment has its own personal television viewing screen. You can select which station you wish to watch while you exercise. You can also plug in headphones and listen to the programs, adjusting your volume as needed. If you do not have headphones, we sell some at a nominal price in the Fit Shop. There are televisions in select locations on the walls. To hear these televisions, you will need to be on a piece of cardiovascular equipment, match your screen on the machine to the television on the wall, and plug in your headphones. The televisions on the walls



are closed-caption enabled as well. It is recommended that television stations, websites and other viewing opportunities displayed on the personal viewing screen be of appropriate content. Should a member select an inappropriate content for viewing, St. Bernards Health and Wellness will address the situation promptly. Should the offense be found highly offensive and egregious, membership may be terminated.

STRENGTH TRAINING

We offer a complete line of free weights in addition to Precor selectorized strength machines and plate-loaded equipment. Please ask for help if you are unfamiliar with a piece of equipment or a method of lifting. While the fitness specialist cannot be dedicated to any one individual at all times, he/she should be able to guide you and spot when necessary.

Many members feel they could benefit from some dedicated fitness guidance and motivation from a personal trainer, so personal training services are offered, for an additional fee. Check with our fitness staff or at the customer service desk for more information.

The safety of all members is of the utmost importance to us. Please abide by all fitness area rules and respect the fitness equipment at all times. Please wear appropriate closed-toe shoes while in the fitness areas.

If you are going to be lifting free weights, it is advised that you have a friend, trainer or fitness staff person spot you when you are lifting heavy. Please avoid sitting on machines while resting. For the benefit of all members, allow others to rotate in on a machine while you rest.

GROUP EXERCISE AND SPECIAL PROGRAMMING

We are pleased to offer the very best in group exercise classes. With 100+ classes, including, but not limited to, Silver Sneakers, yoga, Zumba and group cycling classes, you can enjoy trying many different motivating fitness programs. Schedules are available at the customer service desk.

To take any of the standard group exercise classes on our schedule, just



show up at the specific time of the class and enjoy. Class size may be limited, so we encourage you to arrive early. Make sure to bring water and a sweat towel for these great workouts.

For the group cycling classes, our bikes are outfitted with pedals which are Look and Shimano cleat compatible. You can use standard exercise shoes if you do not have cycling shoes.

If you ever feel short of breath, dizzy, nauseous or sick during a class, please make sure to let a staff member know immediately.

Some specialty programs and classes are offered to both members and non-members for a nominal fee. These classes are typically specialized and require significant instructor training, skill and certification. Examples include Aqua Arthritis, Swimming Lessons and X-Cel.



Kids Club

The Kids Club is available to children ages three months through age 11. Our staff will do their best to accommodate the needs of each child. Children who behave in a manner that jeopardizes the safety of other children or St. Bernards Health & Wellness team members may not be allowed to use the Kids Club. The child care area is monitored by a camera security system at all times.

FEES

The Kids Club is provided to members and guests of the St. Bernards Health & Wellness for a nominal fee. Our charge is based on an hourly fee, or members and guests may purchase a punch card to be used for multiple hours of care. Fees are based on time used per child. A five-minute grace period is provided, but any time beyond those five minutes will result in a charge for an additional hour.

ACTIVITIES

The health and safety of the children is of utmost importance to us. We will provide children with a wide array of fun activities, arts & crafts and games. On occasion, children may be taken outside in our enclosed playground. We know that the experience for children is just as important as yours, and we will do our best to make their experiences exceptional.

TIME LIMIT

Due to the availability of space and the need for safe child-to-instructor ratios, members are limited to a two and a half hour maximum time period for child care. During that time, parents must always be within St. Bernards Health & Wellness and may not leave the property. These policies are designed for the safety of all children and to allow all members an opportunity to utilize services of the Kids Club.



GENERAL POLICIES

Parents will be required to check children into the Kids Club. The first time you use Kids Club you will be asked to fill out a form with information that helps us better understand the needs of your child and know how to contact you in the event of an emergency.

Children which have behavioral problems will have their parents notified. If a child's parents have been told about a particular behavioral problem on more than one occasion and the issue continues, we may not allow the child to return to the Kids Club for a period of time determined by St. Bernards Health & Wellness management. For the safety of all children, biting or other physical abuse will not be tolerated, and these children may not be allowed to return to the Kids Club. These policies are designed to help protect all children within the facility.

Children who are ill or have had a vaccine in the last 48 hours will not be allowed within the Kid's Club area. This is to protect all the children and adults within the facility. If a child appears to be ill or has a fever, a parent will be contacted and the child will need to leave for the day.



New Member Policies and Guidelines

Membership fees are comprised of both a one-time enrollment fee and recurring monthly fees. A new member may cancel his or her membership only in accordance with the provisions set forth herein.

Enrollment Fee : A one-time fee, paid at the time of joining. This fee covers administrative fees, as well as a member consult, a fitness assessment, and an equipment orientation. Enrollment Fees are also applicable to those members rejoining St. Bernards Health & Wellness after a membership termination.

Fees: Membership dues will be charged on or around the 1st of each month based on membership category.

Annual Paid in Full Memberships: Annual memberships are for a term of one (1) year and one (1) month from the date of joining. When the term of membership ends, the member will be notified and can either go month to month or PIF again. Annual memberships are non-cancelable except as provided in the paragraph “Right to Cancel”. Fees for Annual memberships are charged based on membership category.

Monthly Fee Charges: The first month’s fees are paid at the time of joining St. Bernards Health & Wellness. If the initial payment is invalid or rejected, St. Bernards Health & Wellness reserves the right to make additional attempts to collect the entire amount owed, and to use any payment information on file to collect the monies owed. Additionally, the membership will be suspended until a valid method of payment is provided and the balance owed is \$0. Membership fees and additional “house charges” must be



paid monthly in order to maintain a current and active membership. The obligation to pay fees is not dependent upon the availability of all of St. Bernards Health & Wellness designated equipment and services. Community events, tournaments, repair and maintenance of some equipment and facilities and other occurrences may make it necessary for St. Bernards Health & Wellness to restrict use of equipment or service temporarily. Fees will not be adjusted or reduced or suspended during these occurrences.

It is expected that each membership will be charged and paid in advance each month at or around the first (1st) of that respective month and will be applied for the following month. The acceptable methods of payment for the membership are either credit or debit/checking account. An Electronic Funds Transfer Form (EFT) must be completed by the member and approved by the St. Bernards Health & Wellness Business Office for monthly payments to take place. Charges left outstanding thirty days or more are subject to a service charge. Cancellation or closure of the credit card or bank account used for billing purposes in no way relieves the member of his/her responsibility for payment. Any member who is still delinquent on his/her obligation to St. Bernards Health & Wellness for more than thirty days may be suspended from use of St. Bernards Health & Wellness, terminated from membership and reported to a collection agency. Members are responsible for giving written notice of any changes of address, billing information, or membership type thirty days prior to monthly billing in order to reflect the change in the following billing cycle. Any declined payment or insufficient bank funds will automatically result in a \$25 return fee applied to the member's account. St. Bernards Health & Wellness will attempt to collect all monies owed, including any return fees, on or before the 15th of each month.

12-13 Year Old Jr. Members: Must complete a mandatory basic equipment Orientation class. Jr. Members are not allowed in the free weight area.



MEMBER CHECK-IN: All members are required to present their membership card/identification upon entering St. Bernards Health & Wellness. Unauthorized use of St. Bernards Health & Wellness by any person other than the said member on the card will result in termination of the membership.

RIGHT TO CANCEL: Memberships may be canceled; at the time of cancellation of any membership, all outstanding balance must be paid to leave a membership end balance of \$0.

Initial Right of Cancellation: A new member may cancel his/her membership without consequence within three days of joining and with no refunds. Members are responsible for balances and last 30 days.

Month – to – Month Memberships: Month-to-month memberships may be cancelled with a thirty days written notice.

Annual Paid-in-Full Memberships: Annual memberships are not cancelable except as specifically provided herein. In the event of cancellation by a member of an Annual Membership prior to expiration of the term then in effect, the member shall remain liable for all fees and charges for the remaining portion of the one year term then in effect. At the discretion of St. Bernards Health & Wellness, an Annual membership may be canceled upon written request of member (or his/her estate, if applicable) prior to expiration of the term then in effect upon the : (i) death of member; (ii) total and permanent disability of member which prevents member from utilizing SBH&W; or (iii) permanent relocation of member from the member's principal place of residence to a location fifty miles or more from the location of St. Bernards Health & Wellness. Upon St. Bernards Health & Wellness' approval of member's cancellation for any of the foregoing reasons, the member (or his/her estate) shall be entitled to a refund equal to the annual membership fees multiplied by a fraction, the numerator of which shall be the number of day left in the annual membership term from approval of



cancellations and the denominator of which shall be three hundred sixty-five days.

POOL: Members use the St. Bernards Health & Wellness Aquatics Center at their own risk. Children under the age of 12 may only use the facility during special use periods, such as “family swim.” All members and guests using the Aquatics Center are obligated to follow the rules, policies and procedures as posted within St. Bernards Health & Wellness.

LOCKERS: Each locker room within St. Bernards Health & Wellness has lockers available for members and guests to use during their visit. All personal items should be removed and taken when leaving St. Bernards Health & Wellness. Any items left behind will be removed each night.

PERMANENT/RENTAL LOCKERS: For an additional \$25 per month, lockers may be rented on a monthly basis. The rental fees are added to the membership account and charged appropriately each month. Rental lockers are limited and are available on a first serve first come basis.

MEMBERSHIP TERMINATION: Members may have their membership terminated by St. Bernards Health & Wellness at any time due to a failure to comply with the policies and procedures of St. Bernards Health & Wellness, including non-payment of membership fees. Terminated members will remain liable for all outstanding balances on their account.

CHANGE OF PAYMENT/ADDRESS/EMAIL/NAME/PHONE NUMBE: All members are asked to notify St. Bernards Health & Wellness of any change of payment, home address, phone number, email address or name change.

DIRECT HEALTH OR SAFETY RISK: St. Bernards Health & Wellness reserves the right to exclude a member with an illness or adverse health situation from participation if that member’s participation would result in a direct threat to the health or safety that cannot be eliminated or reduced to an acceptable level by reasonable modifications to current St. Bernards Health & Wellness practices or by the provision of appropriate auxiliary aids or



services.

MEMBERSHIP HOLD: Memberships may be placed on “Hold” for up to six months for medical reasons only. During a membership “Hold”, collection of fees will be suspended. If at the end of six months if the member is still unable to utilize St. Bernards Health & Wellness, a second six month “Hold” may be provided. If after the conclusion of the second six month “Hold” the member still is unable to utilize St. Bernards Health & Wellness, the member will be contacted to discuss further action. A membership hold must be requested in writing and with a physician’s note. Refunds or credits are not provided for past months that were not used.

INCREASE IN FEES: Fees for month to month memberships may be increased at any time on thirty days prior notice to members. Additionally, fees for annual memberships may be increased annually by notice given on or before November 1st with the increase to take effect January 1st of the following year.

NON-TRANSFERABLE: Memberships are not transferable.

REFUNDS: All refunds will be issued in the form of credit to the member’s account.

NON-DISCRIMINATION: It is the policy of St. Bernards Health & Wellness to accept membership applications from any individual(s) without regard to race, creed, color, handicap status, gender or national origin.



Aquatic Services

Aquatics activities are proven fitness builders. Swimming, water walking and aqua aerobics are all low-impact activities that reduce stress on your joints while toning your muscles and improving your cardiovascular fitness level. Water shoes are recommended. An open swim/aquatic group exercise schedule is available at the customer service desk. Class size may be limited, so we encourage you to arrive early. Some specialty classes may be offered as additional fee classes, and they will be noted as such on the schedule.

Every effort is made to maintain a temperature of 82-86 degrees in our lap swim pool. Lap swimmers typically prefer a temperature of 79-82 degrees, and aquatics class participants normally prefer a warmer temperature range of 89-92 degrees. Since only one temperature range can exist for both groups, we have chosen a temperature that should be generally comfortable for most individuals. Some group exercise aquatics classes may be offered in the warm therapy pool, and this will be indicated on the schedule if it is the case.

AQUATICS TEMPERATURE SUMMARY

The temperature in the lap pool will be maintained at 82-86 degrees.

The temperature in the Therapy Pool will be maintained at 91-94 degrees.

The temperature in the co-ed Whirlpool will be maintained at 101-104 degrees.

SWIM LESSONS

Swim lessons will be offered for adults & children throughout the year. Whether you are a non-swimmer or would just like to raise your confidence in the water, there is a lesson for you. Group or private reservations can be made at the customer service desk. Swim lessons are optional, and fees are paid at the front desk.



AQUATIC RULES

Aquatic attire is required in the pool areas. No bikini's are allowed. If management believes your swimming attire is not appropriate for our family-friendly environment, you may be asked to change. We ask that you shower prior to entering the wet areas. Members are advised to use caution when a lifeguard is not on duty. If children ages 11 and under are swimming during "Family Swim" hours, parents must be in the pool area with them at all times. Please follow all posted pool rules at all times.

We ask that you do not bring food, gum or drinks into the pool area. For your safety, please do not run on the pool deck or participate in horseplay in or around the pool. Diving is not allowed under any circumstances.

The pool is designed to generally fulfill the needs of members by being made available for lap swim, water walking/jogging, water classes or therapy during most hours of operation. Some "Family Swim" hours are offered Saturday and Sunday during 12:00 p.m.—4:00p.m.

The pool has two lap lanes available at all times, except under special circumstances. Given the number of members that we have, it is possible that all lap lanes have swimmers in them. To accommodate the needs of our members, please be willing to share a lane with others. If two people are swimming in a lane, they are encouraged to split the lane up. If three or more are sharing a lane, circle swimming is encouraged.

FAMILIY SWIM

Family swim is offered in our lap pool only on Saturday and Sunday from 12:00 p.m.—4:00 p.m. Two guests under the age of 12 are allowed per member and must be accompanied by an adult in the pool area at all times. Guests 12 years and older are required to pay a one day guest fee of \$10. Please follow all posted pool rules.

WET SAUNA AND WHIRLPOOL

The wet sauna and whirlpool are available to members. These amenities



are an enjoyable way to promote relaxation for those without health problems or contraindications. If you have elevated blood pressure, heart problems, known heart disease or atherosclerosis, diabetes, obesity, kidney disease or other vascular problems, you should check with your doctor prior to using these areas. Women who are pregnant should check with their physician prior to using the whirlpool or sauna. It is recommended that you limit your time in these areas to brief time periods of no more than 10 minutes. Discontinue use immediately if you experience any discomfort, especially dizziness, nausea, hot and cold chills or headaches. Let a staff member know immediately if you have any of these symptoms.

The Men's Locker Room and Women's Locker Room each have a wet sauna. The whirlpool is located in the Aquatics Center and is co-ed. Due to the facility being a family oriented facility, we do ask that all patrons cover themselves appropriately when utilizing these areas.

Children under the age of 14 are not allowed to use the whirlpool. Do not submerge your head under the water in the whirlpool. Children under the age of 14 are not allowed to use the wet sauna. Please observe posted rules and precautions at all times. Exercise shorts or swimsuits are required at all times.



Optional Services

EDUCATION

St. Bernards Health and Wellness offers a variety of health education classes and presentations for both members and non-members throughout the year. You can check the calendar at the customer service desk for more information.

SENSES SPA SERVICES

Senses Spa provides the most luxurious and relaxing spa services in the region. Using our professionally trained staff and the latest equipment, you can treat your body to the best in spa experiences. Services within the Spa include massage, pedicures, manicures and facials. You are welcome to stop by anytime and see if our staff can treat you as a walk-in, but we strongly encourage you to call the spa and make an appointment. To provide you with the very best in spa services, the spa staff are licensed and trained. We accept checks, cash and credit cards. To schedule services, visit the Senses Spa or call 870-207-7772.

CAFÉ ON THE MILE

Café on the Mile welcomes members and non-members within the community. Stop by anytime to pick up a healthy snack, including delicious gourmet sandwiches, soups, salads, bagels, yogurt, fresh fruit, smoothies and Starbucks coffee products. Members may charge beverages and foods to their account, having all charges drafted with their dues once a month.

FIT SHOP ON THE MILE

Our St. Bernards Health & Wellness Fit Shop is located in the front lobby area, next to the Customer Service Desk and Café on The Mile. The Fit Shop



carries various items to accommodate most needs for our members and guests.

CLINICAL SERVICES

As a medical-fitness center, we provide services that address a wide range of health conditions. St. Bernards Health & Wellness includes an orthopedic clinic, outpatient cardiac rehabilitation, physical therapy and sports medicine.

CLASSROOMS

St. Bernards Health & Wellness has three classroom areas which can seat up to 60 people. These areas can be opened into one single room, or used as three distinct areas. Special programming and educational lectures will occur throughout the year. For information on scheduling the use of the classrooms, or to see what events are coming up, check with the customer service desk.

METABOLIC TESTING

St Bernards Health & Wellness offers indirect calorimetry using the Korr CardioCoach Technology. This technology allows us to assess your exact calorie needs non-invasively. Whether you are looking to lose weight, gain weight, or just want to maintain, the CardioCoach Metabolic Test will give you the answers you need within thirty minutes.

PERSONAL NUTRITION COACHING

The Health Care Professionals at St. Bernards Health & Wellness will provide a customized meal plan to help reach your nutritional goals and give you the tools needed to maintain them. These one-on-one sessions are highly individualized to meet your dietary needs through the use of our state of the art technology. With the Korr CardioCoach Metabolic Testing, we are able to assess your exact calorie needs and from there, build your customized meal plan using DietMaster Pro software. Unique to our region, DietMaster Pro uses cutting-edge technology to build your personalized nutri-



tion program instantly with ease. With the help from your nutritional coaches, you will be able to build your own meal plan that best fits your lifestyle. An optional smart-phone app is available and can be added to your program for easy diet and exercise tracking.

PERSONAL TRAINING

If you're nervous about starting your health and wellness journey alone, then consider personal training. This great option will provide you with personal instruction, education and evaluation of your fitness routine. We will teach you safe and research-driven techniques to help you reach your goals.

Personal training will provide the motivation to help you reach your goals while increasing your confidence to be your best. Our goal is to provide you with the skills and ability to incorporate exercise into your daily life and make it part of your health and wellness journey. Additional fees apply.

CANCER EXERCISE REHABILITATION

This service is available for cancer survivors and patients. Over 95% of cancer patients complain of fatigue while undergoing treatment for cancer. Over 25% complain of depression and loss of function to perform normal activities of daily living. It has been shown through research that regular exercise can have a positive effect on recovery from cancer related side effects.

Our program helps patients and survivors cope by fostering renewed energy, strength and joy through physical exercise. Most patients are referred to this program from their physician, but it is not required. Additional fees apply.

SPORTS PERFORMANCE TRAINING

For ages six to professional level, this program helps athletes enhance their athletic performance by engaging in research driven training protocols. Our program is directed by Certified Strength Conditioning Specialists and utiliz-



es the safest, most effective programming to help you reach your performance goals.

Sports Performance Training is not necessarily for the average fitness enthusiast, as the protocols can be advanced and are sport-specific. Through a comprehensive routine, including strength training, flexibility training, core and balance development and agility training, we take your abilities to the next level.

The small group setting allows the athletes to compete with each other, as well as work together toward the common goal of achieving maximum athletic ability. Additional fees apply.

CORPORATE WELLNESS

This service is available for local businesses and organizations to receive fitness assessments, blood screenings and health risk appraisals, as well as education regarding the benefits of exercise on the workforce. Research has proven that for every \$1 a business spends on wellness, there is a return of \$5 to \$7! Please schedule a consultation if your business or organization is interested in becoming a healthier workplace!

ONLINE ACCESS

All members have the option to access their account information online. Members are able to update phone numbers, address, draft information, and check recent transactions.

To access, log onto: <http://stbernardswellness.com>

Scroll down on the left side and click on Member Access. Your user name and password are sent to you when you join. If you have not received it, stop by our customer service desk to get it resent to you.





1416 East Matthews

Jonesboro, AR 72401

870-207-7700

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