



Welcome and thank-you for joining the KHSC Fitness Centre at the Hotel Dieu Hospital site. The Centre is located on Mary Alice 1 (behind the Eye Clinic) and is for the exclusive use of current KHSC staff and volunteers. The Fitness Centre is open 24 hours per day with keypad access to all members in good standing. Each member is required to pay an annual \$40 membership fee.

The Centre includes exercise equipment (both cardiovascular and strength) and change rooms. Body bars, weights, steps, bands and fitness balls are available for use. There is also a TV with VCR and DVD connections if you want to bring in your own workout video. It is recommended you bring your own iPod/music/headphones.

#### Rules & Regulations

- Members must be KHSC employees, Volunteers or Security staff currently working at the Hospital sites
- Memberships are not transferrable
- Only paid members (with valid membership card) may use the Fitness Centre
- Members must have their membership card on hand at all times while using the facility
- Appropriate clothing must be worn at all times by members, e.g., shoes, shorts and shirt (tank top or muscle shirt acceptable)
- There is to be no food in the Centre
- For hygienic reasons, a towel is not to be used on benches & seats
- Members are to wipe down equipment after use with wipes/paper towels and disinfectant provided
- Members are to return weights to their proper locations after use
- Members are to limit the use of cardiovascular equipment (Stairmaster, treadmill, rowing ergometer and bikes) to 20 minutes during peak hours of use

The above rules and regulations are designed to ensure the safety of members, as well as increasing accessibility and comfort for everyone. KHSC—Hotel Dieu Hospital site is not responsible for any theft, loss or damage of personal property of members, nor for personal injury occurring in Fitness Centre facilities.

