

MOCH WELLNESS CENTER

**P. O. Box 1359
603 W. Broadway
Ava, MO 65608
417-683-5739 ext. 1401
www.mo-ozarks.org**

MEMBER HANDBOOK

MOCH WELLNESS CENTER HOURS:

MONDAY-FRIDAY 5:30 am—6:30 pm

SATURDAY 8:00 am-1:00 pm

SUNDAY CLOSED

Welcome and Thank You!
for becoming part of

Missouri Ozarks Community Health (MOCH) Wellness Center family.

This handbook serves as your guide to get to know MOCH and all it has to offer.

As a member, you are entitled to a variety of programs and services designed to help you strengthen your spirit, sharpen your minds, and build your body.

Personal Training, Weight Management, and Exercise Classes
are just part of what you will find offered at MOCH.

No matter your age or fitness level, MOCH has something for everyone.

MOCH staff are dedicated to SAFETY FIRST.

Please follow all rules for your safety as well as for the safety of others.

We encourage you to take full advantage of your membership
and get to know the staff and members at MOCH.

Please stop by or call if you have questions. We look forward to serving you!

Building A Stronger, Happier & Healthier YOU!

**We care about your health and safety!
Please respect yourself, other members, staff
by following the policies below:**

SHIRT AND SHOES ARE REQUIRED AT ALL TIMES

TEMPERATURES ARE REQUIRED

MASKS OPTIONAL

Fitness Area/Weight Rooms:

DUE TO SAFETY:

CHILDREN 12YRS and UNDER NOT PERMITTED

- ◆ No coats or bags allowed in fitness area or weight rooms. Please use lockers.
- ◆ Please wipe down equipment after each use. Disinfectant and towels are provided for your convenience.
- ◆ Please be considerate. Limit use of equipment to 30 minutes when others are waiting.
- ◆ Please return weights, mats, and other equipment to their designated place.
- ◆ Do not lean bars or weights against walls, mirrors, or windows.
- ◆ Do not drop weights.
- ◆ When lifting heavy weights a spotter highly recommended.
- ◆ Please report any malfunctioning or broken equipment to staff immediately.

Child Supervision:

- ◆ For safety reasons all children 12 yrs and under are required to be under adult supervision at all times while on the MOCH premises.
- ◆ Certain areas are restricted.

Food & Beverages:

- ◆ Please keep food and drinks in Snack Bar area.
- ◆ Only water bottles and "approved" drinks are allowed in workout areas.

Gymnasium/Walking Track: Limit "20"

- ◆ Clean athletic shoes with non-marking soles are required.
- ◆ NO DUNKING or HANGING from rims/nets.
- ◆ NO KICKING balls.
- ◆ NO THROWING balls with intention of harming others.
- ◆ Open Gym times will vary due to classes, etc. Calendar posted in lobby area.

Lockers:

- ◆ Lockers are available for day use at NO CHARGE or \$10/month.
- ◆ Always secure your belongs with your own lock.
- ◆ MOCH is not responsible for lost or stolen items.
- ◆ Items left in unrented lockers will be removed.

Showers:

- ◆ Soap and shampoo is provided for your convenience.
- ◆ Please bring your own towel, as we do not provide towels.

Membership Cards/Photo:

- ◆ Each member will receive a scan card to use when entering the facility.
- ◆ Cards should be carried with you each time.
- ◆ Replacement cards are \$5.00.
- ◆ We may also verify identity with your photo.

Handicap Access:

- ◆ MOCH is handicap accessible.
- ◆ Please ask a staff member for additional accommodations.
- ◆ Elevator onsite.

Accidents:

- ◆ A risk of injury exists when engaging in any physical activity.
- ◆ Members are advised to use protective equipment where necessary and to be alert to the signals of over exertion.
- ◆ Please report any accident, injury, or incident immediately to staff. We are here to assist you!
- ◆ First aid kits are available throughout the facility. Please ask staff when in need,
- ◆ It is imperative you cooperate with staff to complete an accident/incident form in such of event.

MOCH Wellness Center Pricing

Senior: 60 +

Student: to age 18 if enrolled in High School and to age 24 if enrolled in College.
(Proof of school enrollment may apply)

Family: Parent/Parents with children living in the household & claimed on Income Taxes.

We provide Personal Trainers at no extra charge!

Pay for the whole year and SAVE \$\$

A one year signed agreement is required on Monthly Memberships.

Early termination fee \$30.00.

| ANNUAL MEMBERSHIPS | |
|--------------------|--------|
| Member Type | Fee |
| Adult (19-59) | 275.00 |
| Family | 420.00 |
| Student (to 24) | 150.00 |
| Senior (60+) | 150.00 |
| Senior Couple | 290.00 |
| Corporate Adult | 250.00 |
| Corporate Family | 380.00 |
| Walking Track Only | 200.00 |

| MONTHLY MEMBERSHIPS | | | |
|---------------------|--------------------|-------------------|--------|
| Member Type | Pay 1st Month Down | Fee for 11 Months | Total |
| Adult (19-59) | 27.50 | 27.50 | 330.00 |
| Family | 42.00 | 42.00 | 504.00 |
| Senior (60+) | 19.50 | 19.50 | 234.00 |
| Senior Couple | 29.00 | 29.00 | 348.00 |
| Corporate Adult | 25.00 | 25.00 | 300.00 |
| Corporate Family | 38.00 | 38.00 | 456.00 |
| Walking | 20.00 | 20.00 | 200.00 |

| NON-MEMBER DAILY RATES | |
|------------------------|-------|
| Rate Category | Fee |
| 10 Visit Value Card | 45.00 |
| 15 Visit Value Card | 60.00 |
| Youth (up to 18) | 3.00 |
| Adult (19-59) | 5.00 |
| Senior (60+) | 4.00 |
| Family | 15.00 |