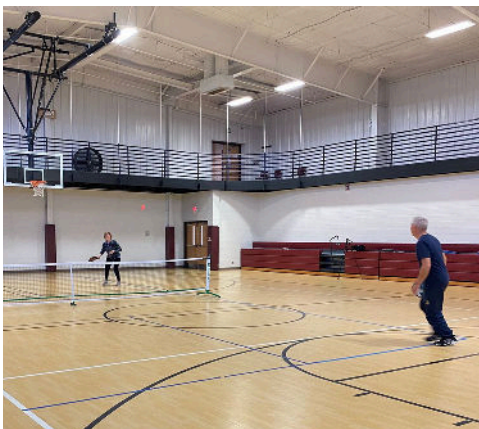


# MOCH WELLNESS CENTER

## Member Handbook



**Building a Stronger, Happier & Healthier YOU!**

# WELCOME

Thank you for becoming part of the Missouri Ozarks Community Health (MOCH) Wellness Center family! This handbook serves as your guide to get to know the MOCH Wellness Center 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 mind, and build your body. Personal training, weight management, and exercise classes are just some of the services you will find at the wellness center.

No matter your age or fitness level, the MOCH Wellness Center 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 advantage of your membership and get to know the staff and members at the MOCH Wellness Center. Please stop by or call if you have questions. We look forward to serving you!

## Contact Information

PO Box 1359  
603 W. Broadway,  
Ava, MO 65608

417-683-5739, ext. 1401

[mo-ozarks.org](http://mo-ozarks.org)



## Hours of Operation

Monday-Friday	5:30 a.m.-6:30 p.m.
Saturday	8 a.m.-1 p.m.
Sunday	CLOSED

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

## **Fitness Area/Weight Rooms**

DUE TO SAFETY: CHILDREN 12 YEARS AND UNDER ARE NOT PERMITTED.

- No coats or bags are 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 is highly recommended.
- Please report any malfunctioning or broken equipment to staff immediately.

## Child Supervision

- For safety reasons, all children 12 years and under are required to be under adult supervision at all times while on the MOCH Wellness Center 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

- 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 or other events. Calendar is posted in lobby area.

## Lockers

- Lockers are available for day use at NO CHARGE or \$10/month.
- Always secure your belongings 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.
- The MOCH Wellness Center does not provide towels. Please bring your own towel.

## Membership Cards/Photos

- 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.
- We may also verify identity with your photo.

## Handicap Access

- The MOCH Wellness Center is handicap accessible.
- Please ask a staff member for additional accommodations.
- An elevator is 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 case of such an event.

**SHIRT AND SHOES ARE REQUIRED AT ALL TIMES.**

# MOCH Wellness Center Pricing

**Senior:** 60+

**Student:** Up 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.

**Pay for the whole year and SAVE!**  
**A one-year signed agreement is  
required on monthly memberships.**  
**Early termination fee: \$30**



## Annual Memberships

<b>Member Type</b>	<b>Fee</b>
<b>Adult (19-59)</b>	<b>\$275</b>
<b>Family</b>	<b>\$420</b>
<b>Student (to age 24)</b>	<b>\$150</b>
<b>Senior (60+)</b>	<b>\$150</b>
<b>Senior Couple</b>	<b>\$290</b>
<b>Corporate Adult</b>	<b>\$250</b>
<b>Corporate Family</b>	<b>\$380</b>
<b>Walking Track Only</b>	<b>\$200</b>

## Monthly Memberships

<b>Member Type</b>	<b>Pay 1st Month Down</b>	<b>Fee for 11 Months</b>	<b>Total</b>
<b>Adult (19-59)</b>	<b>\$27.50</b>	<b>\$27.50</b>	<b>\$330</b>
<b>Family</b>	<b>\$42</b>	<b>\$42</b>	<b>\$504</b>
<b>Senior (60+)</b>	<b>\$19.50</b>	<b>\$19.50</b>	<b>\$234</b>
<b>Senior Couple</b>	<b>\$29</b>	<b>\$29</b>	<b>\$348</b>
<b>Corporate Adult</b>	<b>\$25</b>	<b>\$25</b>	<b>\$300</b>
<b>Corporate Family</b>	<b>\$38</b>	<b>\$38</b>	<b>\$456</b>
<b>Walking Track Only</b>	<b>\$20</b>	<b>\$20</b>	<b>\$200</b>

## Non-Member Daily Rates

Rate Category	Fee
10-Visit Value Card	\$45
15-Visit Value Card	\$60
Youth (Up to Age 18)	\$3
Adult (19-59)	\$5
Senior (60+)	\$4
Family	\$15

**We provide personal trainers at no extra charge!**