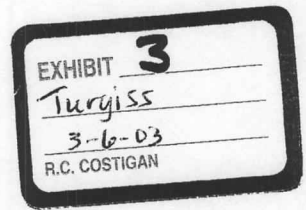
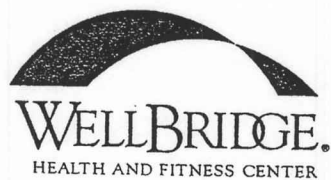
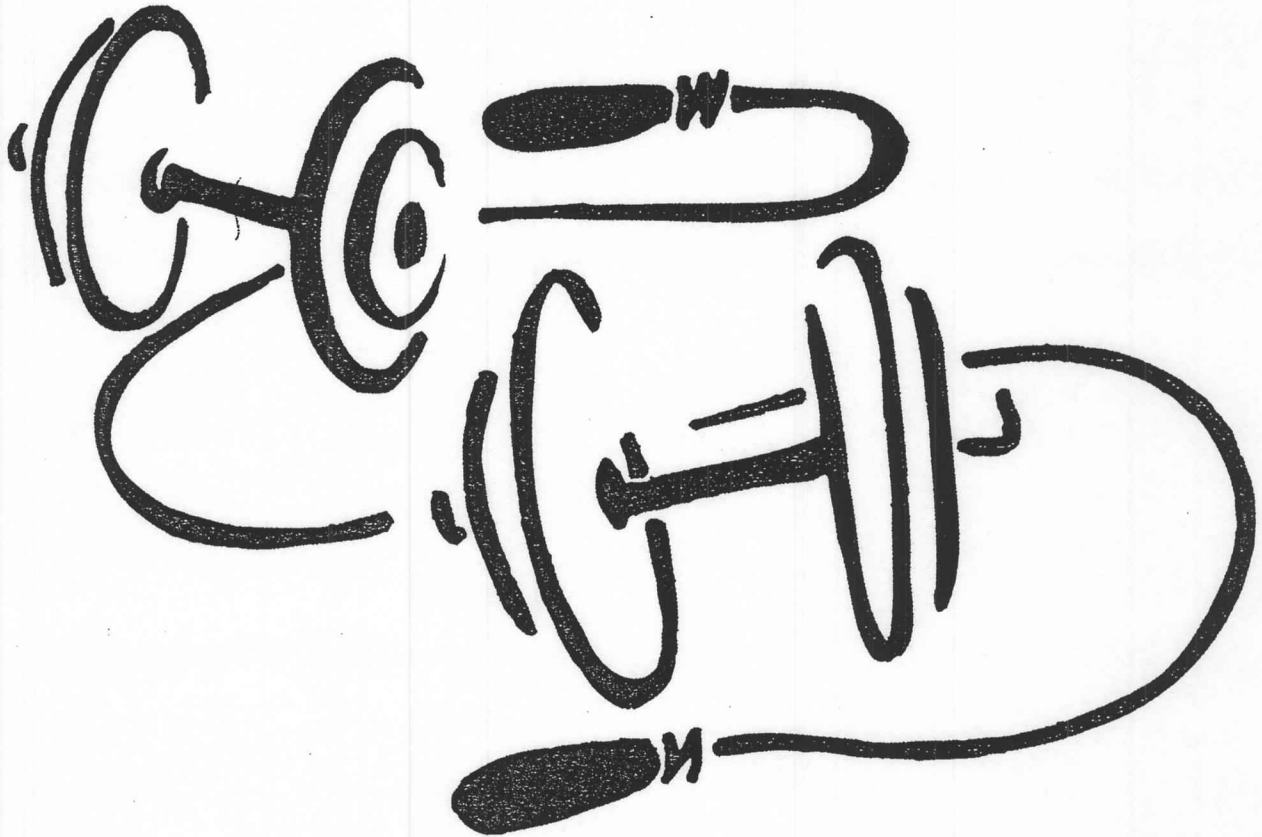


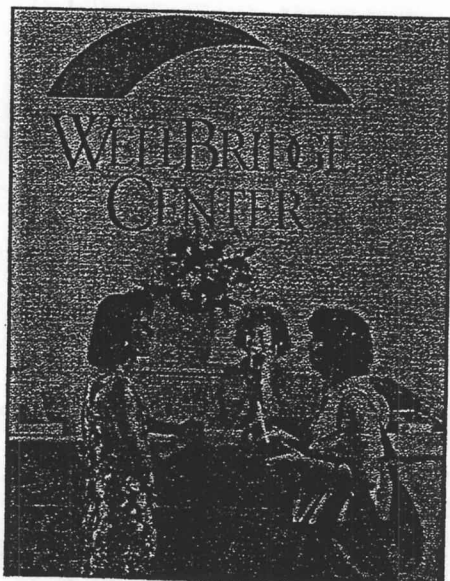
Given to new
members in 1998



Member Handbook



Credible Solutions to Enhance Personal Health and Individual Quality of Life.



Dear Member,

Welcome to the WellBridge Health and Fitness Center!

We hope you will find your membership here to be a healthy and enjoyable experience. Your decision to join the WellBridge Center reflects your commitment to make a positive impact on your health and well-being.

At WellBridge, we're dedicated to helping you accomplish your health and fitness goals. We are at your service for any need or question you may have. We're here to help support you and your choice for healthy living.

This handbook is intended to answer questions you might have about your membership. If your question is not answered in this handbook, please don't hesitate to ask a WellBridge staff member for assistance.

Again, welcome!

The Staff of the WellBridge Health and Fitness Center

The WellBridge Center Commitment

As a member of the WellBridge Center, you can expect:

- An appreciation of you as an individual with unique talents, strengths and opportunities.
- Innovative, medically-based programs and seminars designed for your needs and lifestyle.
- The direction, assistance and support of a caring, professional staff.
- Comfortable facilities, first-class amenities and state-of-the-art equipment.
- A safe, comfortable, highly supportive environment for learning new skills.

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Take Action Programs

WellBridge offers members the opportunity to take charge of their own wellness through our Take Action Programs for high blood pressure, arthritis, or weight management. The Take Action Programs are designed to teach participants how to manage their high blood pressure, arthritis or weight through self-care including a regular program of exercise, sound nutrition and lifestyle modification. A workbook filled with helpful tips and information is available for each program. To learn more, ask our fitness staff for details.

IHRSA Reciprocal Club Program

The WellBridge Center is a member of IHRSA, the International Health, Racquet and Sports Club Association. As a member, we participate in their reciprocal use program. This means that you don't have to miss your workout when you're traveling. As part of the program, WellBridge members are allowed to use other participating clubs while traveling. There may still be usage fees which differ by location. Ask a membership representative for a copy of the Passport which lists participating clubs throughout the world.

IHRSA Standards of Quality

IHRSA, the International Health, Racquet and Sports Club Association is a nonprofit trade association serving the private athletic, racquet and fitness club industry worldwide. We are proud to conform, and in many areas surpass, IHRSA "standards of quality."

1. Our club will open its membership to persons of all races, creeds and places of national origin.
2. Our club responds to and endeavors to resolve within 60 days any consumer complaints brought to our attention by the Better Business Bureau or by state or local consumer protection agencies (or other such agencies).
3. Our club will place all presale membership fees in a segregated escrow account.
4. Our club will not sell prepaid, lifetime memberships.
5. Our club conforms to all relevant laws, regulations and published standards.
6. Our club is able to respond in a timely manner to any reasonably foreseeable emergency event that threatens the health and safety of club users. Toward this end, our club has an appropriate emergency plan that can be executed by qualified personnel in a timely manner.
7. Our club offers each adult member a preactivity screening that is appropriate to the physical activities to be performed by the member.
8. Each person who has supervisory responsibility for a physical-activity program or area at our club has demonstrated professional competence in that physical-activity program.
9. Our club posts appropriate signage alerting users to the risks involved in their use of those areas of our club that present potential increased risk(s).