

OUR MISSION STATEMENT

Only Women's fitness will create and maintain the highest quality, supportive, non-judgmental and inspirational environment that encourages the development and maintenance of optimal health among its staff and members.

With a commitment to safety, cleanliness, members needs and concerns. Only Women's Fitness will establish innovative, cutting edge programming based upon the latest in scientific research and current industry standards taught by certified knowledgeable staff. We will emphasize a holistic approach with an objective for physical, mental and spiritual wellness to maintain current members as well as attract new members.

WHAT IS A WORKOUT? A workout is 25 percent perspiration and 75 percent determination. Stated another way, it is one part physical exertion and three parts self-discipline. Doing it is easy once you get started. • A workout makes you better today than you were yesterday. It strengthens the body, relaxes the mind, and toughens the spirit. When you work out regularly, your problems diminish and your confidence grows. • A workout is a personal triumph over laziness and procrastination. It is a badge of a WINNER - the mark of an organized, goal-oriented person who has taken charge of his, or her destiny. • A workout is a wise use of time and an INVESTMENT in excellence. It is a way of preparing for life's challenges and proving to yourself that you have what it takes to do what is necessary. • A workout is a key that helps unlock the door to OPPORTUNITY and SUCCESS. Hidden within each of us is an extraordinary force. Physical and mental fitness are the triggers that can release it. • A workout is a form of REBIRTH. When you finish a good workout, you don't simply feel better, YOU FEEL BETTER ABOUT YOURSELF. • *George H. Allen, Chairman of the President's Council on Physical Fitness and Sports.*

EXTRA DOSE OF ENCOURAGEMENT

We realize that beginning and maintaining a fitness program can be difficult. Day to day pressures can often affect your motivation to exercise and that's why we offer you your own Personal Training Coaches. Scheduled one-on-one sessions with your own Personal Training coach will provide you with the motivation you need to build your confidence, as well as educate and inform you of both the physical and psychological benefits of living an active life.

We believe that this program is especially useful for members who have completed the introductory phasing program and need to build on their comfort level, for those looking to accomplish specific training goals, and for those doing rehabilitation. Our Personal Training Coaches are all trained to assure you of safe and effective exercise instruction and more importantly they are chosen for their ability to motivate and communicate professionally with our members.

Please check with our front desk staff for schedule and fee information.

CIRCUIT AREA. Featuring a large variety of selectorized equipment for muscle toning, all laid out in an easy to understand format.

STRENGTH TRAINING AREA. Our strength training areas are well equipped with the latest free weight equipment that includes Lady Apex. Strengthen and tone your body in these advanced training areas.

FITNESS CLASSES. Enjoy the fun of group exercise. Choose from step, low impact, Pilaga, kick boxing, yoga, pump and many more classes. Visit our website for scheduling.

PERSONAL TRAINING AND LIFESTYLE COACHING. Only Women's Fitness exclusive programming service. Meet with one of our fitness technicians to develop a lifestyle program to meet your needs. We'll help you find your exercise personality. Or choose to meet with our lifestyle coach to get yourself on the right track.

VERTICAL TANNING. Our Vertical Sun Dome Capsule is on the cutting edge of technology enabling you the safest and best tan in only 10 minutes MAX.

NUTRITION SERVICES. Let our trainers get you on the fast track to a healthy eating plan. Individual or group sessions available.

SPA SERVICES. Join one of our Professional Spa Staff for a pedicure, manicure, nail service, facial, waxing service and tinting. Watch for our monthly specials.

MASSAGE THERAPY. Book a half hour or one hour session for a relaxing or therapeutic massage.

REFLEXOLOGY TREATMENT. Half hour or three quarter hour sessions available.

CHILDMINDING. To help you get your workouts in. Let us take care of your little ones.

TOWEL SERVICE. Unlimited shower towel service is included in our VIP Membership.



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onlywomensfitness.com

You have taken the first step in making the commitment towards an active lifestyle! We are committed to helping you develop a regular routine so you feel stronger, healthier and more energized.

Our number one priority is to assist you in becoming more active by offering safe, effective programs that are fun and educational; resources to enhance your fitness experience, and a non-intimidating and clean environment.

This information will give you an overview of programs available to you in addition to the policies and procedures of your membership. Please feel free to call us should you have any questions or comments on how we can enhance your membership more fully.

GETTING STARTED Now that you're a Only Women's Fitness member you are probably asking, "Where do I begin?" You start by booking pre-scheduled orientation sessions and our exclusive 7 steps to the good life.

At these sessions you will meet with one of our trained fitness technicians to discuss your goals to get you started on developing a lifestyle program, ask questions you may have about the programs and equipment, and to basically enjoy a smooth transition from your enrolling to actually exercising. We will introduce you to all the programs and equipment necessary to accomplish your goals and provide you with the education and motivation necessary to succeed.

The orientation sessions are typically one hour in length.

ALL ABOUT US... As a member of the most exclusive fitness club, you'll have the pleasure of enjoying the finest services and amenities available. The following policies and procedures are designed to ensure the quality of our services and facilities to you. Please take the time to read and understand them and we will be happy to discuss them further with you at your convenience.

HOURS OF OPERATION

Statutory holidays will be posted.

Monday to Thursday	6:00am to 9:00pm
Fridays	6:00am to 8:00pm
Saturdays & Sundays:	8:00am to 4:00pm

CLUB RULES Please be courteous. Observe all time limits on the cardio machines during peak club times. Children are not allowed in the club except in the childminding area when supervision is provided or in our KIDFIT program. Only Women's Fitness reserves the right to withhold or remove membership privileges should the member not adhere to club regulations or respect other members or staff.

DRESS REGULATION Proper attire should be worn during workouts, shorts, sweatpants, tracksuits, T-shirts, aerobic wear and running shoes allow you to enjoy your workout and ensure comfort and safety during movement.

FAMILY MEMBERSHIPS Family memberships are an economical way to encourage family fitness. Reduced family rates apply to mothers and daughters and/or sisters within the same immediate family. To qualify for family rates, the daughter(s) must be a dependent and living in the same household as the mother.

MEMBERSHIP ID Please scan your membership I.D. each time you use the club. This is important so we can track club attendance and facility usage. Damaged or lost membership I.D. will incur a \$10.00 replacement cost.

GUEST PRIVILEGES Members are always welcome to bring guests into the club using our complimentary guest passes. If you wish to bring a guest on a pass, please phone ahead to arrange a time to have your guest pass validated by a coordinator. By monitoring and scheduling guest traffic in the club, we can prioritize usage for members first. Guest passes are reserved for the first time visitors only. Guests who have visited the club before will need to pay a drop in fee. Guests must be 18 years of age or older, unless accompanied by an adult. Minimum age for admittance is 14 years old. Each guest will receive a complimentary tour and orientation before

their workout. Please arrive 10-15 minutes before you plan to work out with your guest!

AFFILIATED CLUB ACCESS Only Women's Fitness is a growing chain of women's clubs throughout Western Canada. There are many affiliate clubs with the same high standards in service and equipment. Please ask the front desk for further information or visit our website and CMS-travelpass.com.

HOLD STATUS As a VIP member, you may put your membership on hold for a maximum of two (2) months per fiscal year. If you are within your contract dates, your payments will still come out on those months and the time will be credited to you following your minimum agreement with the club. To accumulate your time on hold you must turn in your card and fill out a leave of absence form. Credit will not be given out after the fact. Three month and temporary memberships cannot be put hold. Term memberships cannot be renewed at the old prices unless renewed within the contract period (prior to expiration) regardless of whether credit is accumulated. Credit will be added to the renewal period.

INACTIVE STATUS (at home membership) As a member of OWF, you can enjoy the flexibility of our inactive status, should you find yourself unable to use your membership due to medical problems or temporarily leaving the area. For \$10 (plus GST) a month, you can stop your membership dues until your return filling out an inactive status form and submitting your membership ID at the front desk. For medical leave please provide a doctor's note. The program applies to a minimum of one (1) month leave to a maximum of ten (10) months and exempts the member from having to pay an enrollment fee upon return. Please give us 30 days notice in order to change your membership from regular dues to inactive status. This inactive status only applies to members who are in good standing and have completed their agreement to the club.

TRANSFERABLE MEMBERSHIPS Your membership is fully transferable in the case that you cannot continue the full length of your membership agreement. A \$49.00 (plus GST)



administration fee will apply for the transfer depending on the arrangement made with transferee. Member must be in good standing. Just call and make an appointment with a membership manager to arrange a time that you can come into the club with them to carry out the transfer. To complete the transfer you will need to fill out a resignation form and hand in your I.D. card. The person taking over your membership will need the administration fee, provide a void cheque or credit card number plus the first months dues as required by the remaining agreement.

TERMINATING YOUR MEMBERSHIP

Once you have completed your minimum 3, 12 or 24 month membership, you may discontinue your membership at any time. We require 30 days written notice or a completed resignation form with the club membership manager acknowledging the cancellation, as well as the return of all membership I.D. cards in your name delivered in person.

Only Women's Fitness assumes no responsibility for verbal resignations, sent in by fax or regular mail. If you terminate your membership, an enrollment fee will apply upon return to the club at a later date. However, we hope that fitness will become a part of your lifestyle! Your monthly dues will continue after the initial period at the same rate until you give notice of intent to end membership. All monthly P.A.P. memberships are subject to an annual administration fee.