

*“Wellbeing is an active process of optimizing every aspect of ourselves to harmoniously reflect the image of our Creator.”*

THE WELLNESS CLUB

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## INTRODUCTION

# Made to Thrive

God’s plan for human flourishing is rooted in the goodness of Creation. As we optimize every aspect of our lives to harmoniously reflect our Maker, we experience the wellbeing He intended. We can offer this abundant life to others by changing the world one step and one community at a time. As we dismantle barriers and build bridges to wellbeing, we create opportunities for others to enjoy healthier, happier and more meaningful lives.

## LOCATION

Andrews University  
THE WELLNESS CLUB  
Andreasen Center for Wellness  
8750 West Campus Circle Drive  
Berrien Springs MI 49104-0310

## MISSION

The mission of THE WELLNESS CLUB is to create a healing, inspiring, transformative, supportive and community-building environment for all of its members while providing excellent and innovative services and programming.

## GOALS

1. Provide an innovative and wholistic wellness center to maximize wellness opportunities and accessibility year-round for the campus and local community.
2. Offer a variety of safe, professional and enjoyable physical activity and wellness opportunities, which are in line with current evidence-based practices, standards, trends, interests and needs.
3. Create a harmonious, peaceful and inviting environment and atmosphere that promotes wellbeing and healing, incorporating the eight principles of health valued by the Seventh-day Adventist Church.
4. Offer educational opportunities, curricular and cocurricular, to learn deeply the concepts of health and wellness through theoretical and practical pathways.
5. Utilize modern technology and innovative programming in effective ways to motivate, incentivize and engage the local and global community to live more healthfully and extend the healing ministry of Christ.

## EXERCISE IS MEDICINE (EIM)

Andrews University has been awarded “Exercise is Medicine Gold Level Campus” four years in a row in recognition of its commitment to create a culture integrating physical activity for greater wellbeing as a vital sign, linking healthcare and fitness professionals to provide a referral system for exercise prescription.



# OPERATIONS

## HOURS OF OPERATION\*

Sunday	9 a.m.–8 p.m.
Monday–Thursday	5:30 a.m.–10 p.m.
Friday	6 a.m.–3 p.m.
Saturday	CLOSED

*\*The Pool and Healing Oasis will open 30 minutes after the facility opens and will close 30 minutes before the facility closes.*

*\*Modified schedule during holiday seasons*

## BOBA

*(located in the Hoilette Commons)*

For hours of operation, check signage posted at BOBA (hours vary).

## MEMBERSHIP

All Andreasen Center for Wellness (ACW) memberships auto-renew. Every new member is required to sign a membership agreement during registration. It is the responsibility of the member to be familiar with all the rules and code of conduct as outlined in the membership agreement. Failure to comply with any of the following rules and the code of conduct may result in termination of membership. It is up to the discretion of management to address each violation.

Membership (ages 14 and older) includes access to the following:

- § Both fitness floors
- § All fitness equipment
- § Group fitness classes
- § Pool
- § Healing Oasis
- § Indoor track
- § Outdoor Experiential Courtyard
- § Locker rooms

*\*Please note that membership does not include access to the Recreation Center (gymnasium).*

*\*Towel service is NOT provided.*

## Membership Orientation

Facility orientations are available upon request. To request an orientation, please call 269-471-6090 or email [thewellnessclub@andrews.edu](mailto:thewellnessclub@andrews.edu).

## Check-in

All members and guests are required to scan in at the reception desk upon every visit using one of the membership identification options provided during member registration.

## Children 13 and Under

Membership for children ages 13 or younger includes access to the pool area and kid's programming, when available. Children ages 13 or younger must pass the water competency sequence to be allowed use of the pool during open swim time with a parent or other responsible adult age 18+ present on the pool deck. Children who do not pass the water competency sequence must be directly supervised by a parent or other responsible adult age 18+ at all times. Adults may only be responsible for up to five children at a time. Children ages 13 or younger who want to utilize the pool at the ACW will be required to become a child add-on member to their parent or legal guardian's membership or receive a day pass. Confirmation of date of birth (school ID with date of birth or birth certificate) may be requested. Children ages 13 or younger are not permitted in the Healing Oasis.

## Youth Ages 14 and 15

Youth ages 14 and 15 are permitted to use THE WELLNESS CLUB in its entirety but must be accompanied by a parent or other responsible adult age 18+ at all times. A youth add-on membership to their parent or legal guardian's membership is required. Youth ages 16 or older are permitted to use THE WELLNESS CLUB in its entirety without parental supervision; however, they must have an eligible add-on membership to their parent's or legal guardian's membership until turning 18. At that time, an individual membership may be obtained.

## Visitors

Daily passes and punch cards can be purchased. Please contact member services for more information by emailing [thewellnessclub@andrews.edu](mailto:thewellnessclub@andrews.edu) or visiting [andrews.edu/wellnesscenter](https://andrews.edu/wellnesscenter).

## Membership Changes, Pauses and Cancellations

Changes to membership may be requested at any time. A membership pause may be requested at any time. Monthly memberships will incur a pause fee of \$10 per month, charged at the initiation of the pause. Annual memberships may be paused with no fees. Membership may be canceled at any time but require a 10-day notice prior to renewal to prevent renewal charges. Early cancellation of annual memberships will not be eligible for prorated refunds. Members may cancel an active membership through their online account or by emailing [thewellnessclub@andrews.edu](mailto:thewellnessclub@andrews.edu) for assistance. Management reserves the right to cancel memberships at their discretion. Members rejoining 30 days after cancellation will begin their membership with



through the public registration option. For more information, please visit [andrews.edu/services/safety/aualert/index.html](https://andrews.edu/services/safety/aualert/index.html).

## Attire/Footwear

In order to maintain an environment that is safe and sanitary for our members, and preserves the integrity of the equipment, please note the following guidelines, effective Sept. 10, 2023:

- § Athletic shoes must be worn at all times on the fitness floors. Shoes must be soft-soled, non-marking, closed-toed and closed-heeled. Crocs-style shoes are not permitted on the fitness floors. Shoes may be removed for specific group fitness classes within the fitness studios only. However, athletic/street shoes are not permitted in the Aquatics areas.
- § Shirts must reach the top of the pants/shorts and fully cover the torso.
- § Shorts must be long enough to fully cover the groin and buttocks and fall below the gluteal fold.
- § Clothing with offensive language, designs or pictures is not acceptable.
- § Belts, metal zippers, studs, etc., that may cause damage to equipment are prohibited.
- § Jewelry that may cause damage to equipment or pose a risk of injury should be removed. All jewelry should be removed before entering the pool.
- § Modest, full-coverage swimwear is required in the steam bath, jacuzzi and pool. Speedos and bikinis are not permitted.
- § Acceptable athletic attire may be worn in the dry sauna and the infrared cove of the Healing Oasis but is not permitted in the steam bath, jacuzzi or pool.
- § Athletic shoes are not permitted in the Aquatics areas.
- § Management reserves the right to evaluate whether clothing meets these guidelines and ask a member/guest to change attire.

## Locker Room Usage

All-user locker rooms are available. Children ages

5 and older must use gender-appropriate locker rooms and bathrooms or utilize the all-user locker room space. Use of cameras is prohibited in the locker rooms. Lockers are available in the locker rooms for daily usage only. Locks are not provided but may be utilized during open hours only. Any padlocks left on lockers will be removed/cut upon closing. Any items left in a day-use locker will be kept at Lost and Found for no more than seven days. Items left in the lockers are at your own risk, and the Andreasen Center for Wellness is not responsible for lost, stolen or damaged items. Please note the following guidelines for locker room etiquette:

- § Food and drink are not allowed in the locker rooms, with the exception of water.
- § Refrain from standing on benches, running, jumping, horseplay and yelling.
- § **Note that it is NOT PERMITTED to take photos or videos in the locker rooms.**

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## Food and Beverages

All food and beverages are restricted to the lobby area except for water and sports drinks contained in sealable containers, which are permitted in the fitness areas. No food or drinks are permitted in wet areas of the ACW.

## Lost and Found

The ACW is not responsible for any lost or stolen items. Lost and Found will retain items for no more than seven days at which point they will be disposed of.

## Fitness Floor Etiquette

The safety of all members/guests is of utmost importance. Please contact any staff if you need assistance with any equipment or have questions about classes or services. **Children ages 13 or younger are not permitted on the fitness floors.** The following policies are strictly enforced:

- § Appropriate attire is required at all times, including athletic shoes, shirts and full-coverage shorts or full-coverage swimwear in the wet areas. Please see our Attire policy for more details.
- § Personal items will not be kept at the reception desk or office areas.
- § Do not sit on machines between sets.
- § Ask if you may “work in” and always allow others the same courtesy.
- § When lifting heavy weights, it is advised that a friend/trainer be available to spot.
- § Always re-rack weights and return all equipment/accessories to the proper location.
- § Do not drop or throw weights.
- § Wipe down all equipment after use with gym wipes provided on the fitness floors.
- § Limit time on cardiovascular machines when other members are waiting.
- § No horseplay will be permitted with any equipment on the fitness floors or in the group fitness studios.

§ Members/guests may not provide fitness training to other members/guests in the ACW. Doing so may result in membership termination.

§ Unauthorized solicitation of any type is not allowed.

§ Please see Member Etiquette 01-04580-0083/T12 1 Tf0.9





