

The
Fitness Factory
Gym and Spa



Membership Welcome Packet

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Welcome to The Fitness Factory. Thank you for choosing us to be your health and fitness home. Our goal is to create an atmosphere where everyone feels welcomed and comfortable. We understand how intimidating it can be to start a health journey for the first time, or even to begin at a new facility. Hopefully, this welcome packet will help orient you to our facility and get you started on the right foot. If you have any questions or concerns feel free to speak with our staff at the front desk. We are here to help.

Rules

- You must wear some type of athletic shoe in all workout areas. Sandals or Boots are not permitted.
- Do not occupy a workout station or machine if you are not actively using it. Other members may require it during their routine as well.
- Place dumbbells, weights, bars, and other equipment back on the rack or place it came from after use. Failure to put equipment back where you got it will result in a a \$5 re-rack fee for each occurrence.
- Clean up after yourself and put any trash in the trash container. Our staff tries very hard to keep the facility clean. Please be respectful of their hard work.
- Do not tamper with the cameras or security system.
- Keep the volume of the sound system to a moderate level and do not play offensive or obscene music.
- If you are the last one to leave, please turn off the lights except one row. Saving on our electrical bill helps us keep dues as low as possible.
- You are not allowed behind the front counter.
- Drugs and alcohol are not allowed on the premises.
- The use of profanity is not allowed on the premises.
- You are not allowed to scan your barcode to allow others into the facility. Allowing others in with your access barcode can result in you having to pay for that person's day pass and/or you could be responsible for any damages they may cause.
- Children under the age of 12 are not allowed in the gym area and are not allowed to be left unattended in any other area of our facility.
- Violation of these rules, terms, and conditions may result in membership termination and all money paid in as of the termination date will be forfeited.

Billing- We use a third party billing company. If you need to update your billing account, Credit Card, or information you can do so at the front desk, through our app, online at www.myclubonline.com or by contacting ABC Fitness Solutions by phone at 1-888-827-9262.

If for any reason your monthly billing does not get processed then ABC Fitness Solutions will charge you a service fee and late fee per your agreement. You should contact us right away if your payment did not process. There is a slim chance that if we catch it fast enough we can have those fees waived.



ABC FITNESS SOLUTIONS...
YOUR HEALTH CLUB BILLING COMPANY

ABC Fitness processes and manages your account. You can access your membership information with ABC via the web at www.myclubonline.com. Enjoy the convenience of self-service and waste no time on hold or be limited by certain business hours to make changes to your account. If you are worried about security, don't be, as you can control your account from the privacy of your own home or business and best of all, the only person who sees your account information is YOU! Get the information you want when you want it and as fast as possible with www.myclubonline.com!

What can I do on myclubonline.com?

- Make a payment
- Change your billing information
- View Health Club policies
- Update email, phone number, address, and more
- Print a copy of your membership agreement
- View and print payment and check-in history

Agreement #:

How do I register on myclubonline.com?

1. Go to www.myclubonline.com
2. Click on "new user register"
3. Create your new account and then follow the steps

For questions or concerns, an ABC Customer Care Representative is available at **1-888-827-9262** Monday through Friday from 7:00 AM to 9:00 PM, Central Time. Or, email us at customercare@abcfitness.com.

An auto reply email will be sent upon receipt of your email; if you do not receive this auto reply within one hour, then ABC Customer Care has not received your email request. Please verify the email address, resend your request and confirm receipt of the auto reply email. You may also request a read receipt through your email vendor for additional confirmation.

24 Hr Access- You can access the facility 24/7 with your barcode membership card. If you have lost your membership card you can pull up your barcode with the Fitness Factory app or purchase a new card at the front desk. If for some reason your barcode is not opening the door there could be an issue with your account. You can call ABC Fitness Solutions at 1-888-622-6290 to gain access quickly or you can speak to our front desk staff during normal staffed hours.

Other Issues- Our staff tries their best to ensure everyone has what they need. If you have an issue that you feel needs additional attention and you want to contact the owner directly you can call (659) 275-0209 send an email to rogerbutler@fitnessfactory.club .

Available Amenities

All memberships allow access to the following:

- Steam Room
- Sauna
- Free WiFi
- Hot Tub
- The use of various bluetooth speakers throughout the facility
- The use of various charging stations throughout the facility
- You can check out charging cables at the front desk for your devices
- Basic Group Classes

Members can add the following services to their membership for additional fees:

- Advanced Group Classes - Price varies per class
- Towel Service - \$10 per month
- Unlimited Tanning - \$35 per month
- Unlimited Red Light Therapy - \$35 per month

Free WiFi:

The Guest WiFi connection is : myspectrumWiFiC4-2G

The Password is : fitness21

Please be advised this is a public access wifi connection. Anyone with the above information will have access to this network.

Hot Tubs:

- **You are required to shower off before entering the hot tub.** This prevents the pH levels from being increased or lowered by the natural oils our bodies produce.
- Swim suits are required to use the hot tubs, underwear is not a suitable substitute.
- Please be sure to turn off the jets if you are the last person to exit the hot tub.
- Make sure you dry off with a towel before exiting the hot tub room and returning to the locker room. This reduces the possibility of causing a slippery floor and someone falling in the locker room.

Steam Rooms:

You are not allowed to use the steam room completely nude. To start the steam room turn the dial for men's or press button for women's on the exterior of the room.

Before Entering the Steam Room:

- **Hydrate:** Drink plenty of water before entering the steam room to stay hydrated. Steam rooms can cause you to sweat, and it's important to replenish the fluids you'll lose.
- **Shower:** Take a shower to clean your body of oils, lotions, and sweat. This can help you get the maximum benefits from your time in the steam room.

Inside the Steam Room:

- **Start Slow:** If you are new to steam rooms, start with short sessions, typically around 10-15 minutes. As your body becomes accustomed, you can gradually increase the time, but avoid prolonged stays that might cause dehydration.
- **Breathing:** Relax and breathe deeply. Inhale slowly through your nose and exhale through your mouth. This can help enhance the relaxing effects and promote better circulation.
- **Etiquette:** Be mindful of others in the steam room. Keep conversations quiet and respectful. Avoid using electronic devices, as they can be damaged by the moisture.
- **Positioning:** Sit or lie down on a towel. Sitting with your body stretched out can expose more of your skin to the steam, enhancing its effects.

After the Steam Room:

- **Cool Down:** After leaving the steam room, cool down gradually. You can do this by taking a lukewarm or cool shower and gradually reducing your body temperature.
- **Hydrate:** Drink more water to rehydrate your body. Avoid alcohol and caffeine, as they can further dehydrate you.
- **Rest:** After your steam session, rest and relax. Your body needs time to recover from the heat and to rebalance its temperature.
- **Skin Care:** Steam can open up your pores, so it's a good time to cleanse your skin thoroughly. Use a gentle cleanser and moisturizer to keep your skin healthy.

Precautions:

- **Health Conditions:** If you have any health conditions, especially cardiovascular issues, respiratory problems, or skin conditions, consult a healthcare professional before using a steam room.
- **Pregnancy:** Pregnant women should avoid steam rooms, as the high temperatures can be harmful to the fetus.
- **Limitation:** Don't overdo it. Limit your time in the steam room to avoid dehydration and overheating.

If at any point you feel dizzy, lightheaded, or uncomfortable, it's crucial to leave the steam room immediately and seek fresh air and water.

Sauna:

You are not allowed to use the Sauna completely nude. To start the Sauna turn the dial to start the timer and the Sauna will start to heat up. We do recommend that you pre heat the Sauna before you enter so that it will be at your desired temperature.

Before Entering the Sauna:

- **Hydrate:** Drink plenty of water before entering the sauna. Saunas can cause significant sweating, leading to dehydration. Proper hydration is crucial.
- **Shower:** Take a shower before entering the sauna. Clean your body thoroughly to remove lotions, oils, and dirt. This not only helps keep the sauna clean but also allows your pores to open up more effectively.

Inside the Sauna:

- **Time:** Start with shorter sessions, typically around 10-15 minutes. You can gradually increase the time as your body becomes accustomed, but avoid excessive stays in the sauna.
- **Positioning:** Sit or lie down on a towel. Relax and find a comfortable position. It's common to sit upright or lie down with a towel or cloth under you.
- **Breathing:** Breathe deeply and calmly. Inhale through your nose and exhale through your mouth. This not only helps you relax but also helps with the circulation.
- **Etiquette:** Saunas are generally quiet places for relaxation. Keep conversations hushed and respectful. Avoid using electronic devices inside the sauna.

After the Sauna:

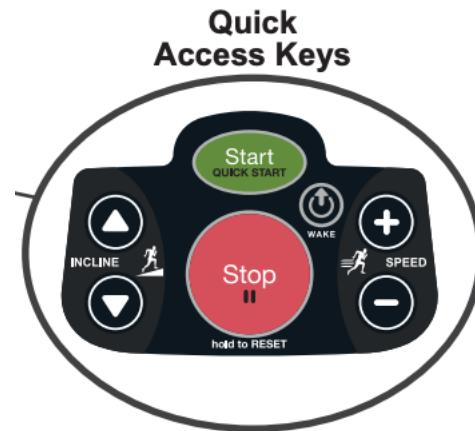
- **Cool Down:** After leaving the sauna, cool down gradually. You can do this by taking a lukewarm or cool shower. Some people prefer to jump into a cold pool or take a cold shower for a refreshing contrast, but this is optional.
- **Hydrate:** Drink plenty of water to rehydrate your body. Avoid alcohol and caffeine, as they can further dehydrate you.
- **Rest:** After your sauna session, take time to relax and cool down. Your body needs time to recover from the heat, and resting afterward can enhance the benefits.
- **Skin Care:** Saunas can help open up your pores. Use this time to cleanse your skin thoroughly. Use a gentle cleanser and moisturizer to keep your skin healthy.

Precautions:

- **Health Conditions:** If you have any underlying health conditions, especially cardiovascular issues or respiratory problems, consult a healthcare professional before using a sauna.
- **Pregnancy:** Pregnant women should consult their healthcare provider before using a sauna. In many cases, it's advised to avoid saunas during pregnancy due to the risk of overheating.
- **Limitation:** Don't overstay your time. Prolonged exposure to high temperatures can lead to dehydration and overheating.

If you feel dizzy, lightheaded, or uncomfortable at any point, it's crucial to leave the sauna immediately and seek fresh air and water.

Treadmills



On our True brand treadmills you can press the quick start on the screen or the start button located below the screen below the handles. To increase speed simply press the + symbol and to decrease speed press the - button. To increase or decrease the incline press the up or down arrows. When you are done just press stop. We recommend familiarizing yourself with the controls before beginning your workout. If you need assistance please see the staff at the front desk.



Our Life Fitness Treadmills operate similar to the hand controls of the True Fitness treadmills. Use quick start to begin. Use the up and down arrows below the speed control located in the middle of the console to increase or decrease speed. Use the up and down arrows below incline to increase or decrease the incline. Then press the red stop button located at the bottom right of the panel when you are done. We recommend familiarizing yourself with the controls before beginning your workout. If you need assistance please see the staff at the front desk.

Matrix Equipment

We have several different types of equipment, but for our beginners we recommend that you stick to the Matrix Cable machines for simplicity until you get comfortable adding other exercises to your routine. Below is a list of our Matrix Machines that we have numbered for easier identification. Each machine has a QR scan code below the number that will provide you with a video demonstrating how to use the machine. Simply open your camera app on your smart phone and view the code as if you are going to take a picture of it. Then you should see some type of link pop up on your camera screen. Press the link and it will take you to the video. If you need assistance please ask the person at the front desk for help.

This is the QR code discussed above.

This is machine number 1. Each machine has a plaque that shows the name of the machine, highlights the part of the body that the machine works, and instructions on how to use it.



Group Classes

We offer basic group classes to all members. When you want to attend a class, you need to book into the class 24 hours in advance. To book into the class you can call or stop by the front desk and let them know the class, date, and time you want to attend and they can enter you into the class or you can book yourself into the class through our app that is available in the app store on your phone. Once you have reserved your space in a class you must cancel your reservation at least 24 hours in advance if for some reason you can not longer attend the class. Not canceling your reservation 24 hours in advance will result in a \$5 no show fee. We do understand that sometimes there are emergency situations that cannot be helped, so if this happens simply call us at the front desk and we can take care of your reservation without charging you the No Show fee. You can attend the classes if you do not have a reserved spot and if there is room. Booking into a class holds a spot in the class and lets us know if we have enough people attending the class or if we need to cancel it. In the event that we do not have at least three members scheduled for a class 24 hours in advance we will cancel the class. If you want to bring a guest to one of our basic group classes please see someone at the front desk. Additional group classes may be offered at various times for an additional fee. If you are interested those classes please check with the front desk for availability and pricing.

Group Classes

Basic
Silver Sneakers Classic
Advanced Senior Aerobics
Spice of Life Dance
Low Impact Aerobics

Towel Service

We offer a towel Service for our Advanced Members. The towels, washcloths, and hand towels are located in the white cabinet in the lobby. To access the towels, scan your barcode card under the black box on the left side of the towel cabinet. This will unlock the doors. When you are finished, return the towels to the hampers located in the bottom of the cabinet. Scanning your card to return the towels helps us keep track of who returned their towels. If you have any issues please speak with the person at the front desk.



Barcode Scanner



Unlimited Tanning

We also offer Unlimited tanning to Advanced Members. The tanning bed is located in Room 2. To access this room, hold your membership barcode below the scanner. The Tanning bed will cut off after 12 minutes and you can restart for a total of 24 minutes. We do not recommend exceeding 24 minutes in a 24hr period. **Before using any tanning bed you should consult your physician and read US health and safety guidelines.**

Red Light Therapy

We offer access to our Red Light Therapy bed to our members at a discounted rate. Below are some health benefits of Red Light Therapy and a list of our session packages.

GENERAL SKIN CARE AND ANTI-AGING:

If you want to improve your skin tone, minimize the visible signs of aging, and heal sun damage, you can expect to undergo red light therapy 3 to 5 sessions a week for one to four months.

Red light therapy increases the production and density of collagen, which is a protein that serves as the main building block for skin, hair, muscles, and connective tissue. Collagen also provides the elasticity that keeps skin from sagging. Improving the production and density of collagen eliminates fine lines and wrinkles, and clears up other skin issues.

MUSCLE HEALING:

Exercise can cause sore muscles, especially if you are new to working out. Exercising improperly or excessively can cause muscle injury. Using red light therapy immediately before your workout can precondition your muscles to prevent injury. Using red light therapy after your workout can accelerate recovery. A routine of red light exposure before and after your workout can optimize results.

CHRONIC SKIN DISORDERS:

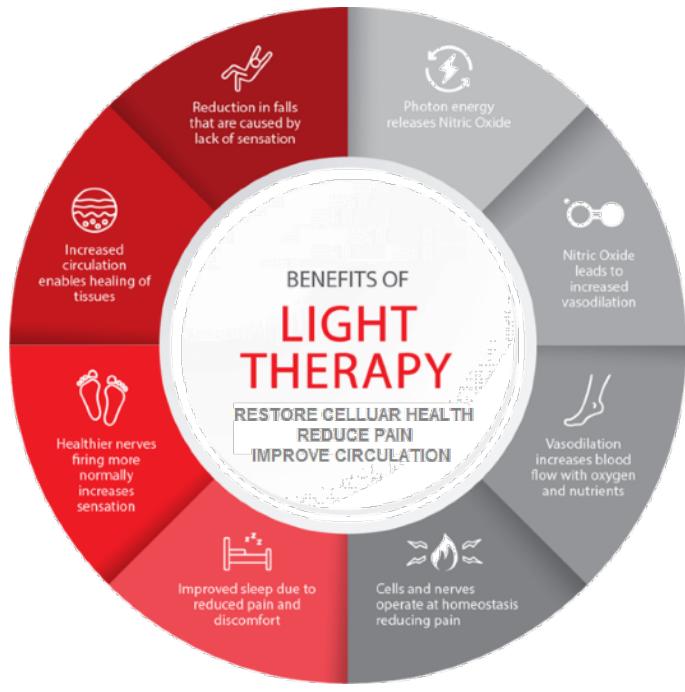
Red light therapy can treat rosacea, psoriasis, eczema, acne, and other chronic skin conditions. The treatment can also reduce the appearance of skin wounds, stretch marks, and mild scars. This will require 3 to 5 sessions a week for one to four months. Then follow with a maintenance program to keep chronic skin conditions and deeper scars under control.

HAIR GROWTH:

Using red light 3 to 5 times a week can stimulate your hair follicles to reduce hair loss. After one to four months, you can reduce the number of sessions to one to four times weekly to maintain hair growth over time.

ARTHRITIS AND JOINT PAIN:

One session twice a day can help alleviate joint pain and arthritis. Depending on the level of your pain, you may need to continue twice a day sessions to treat severe chronic pain or undergo less frequent sessions for minor pain.



Red light therapy may work in skin health to:

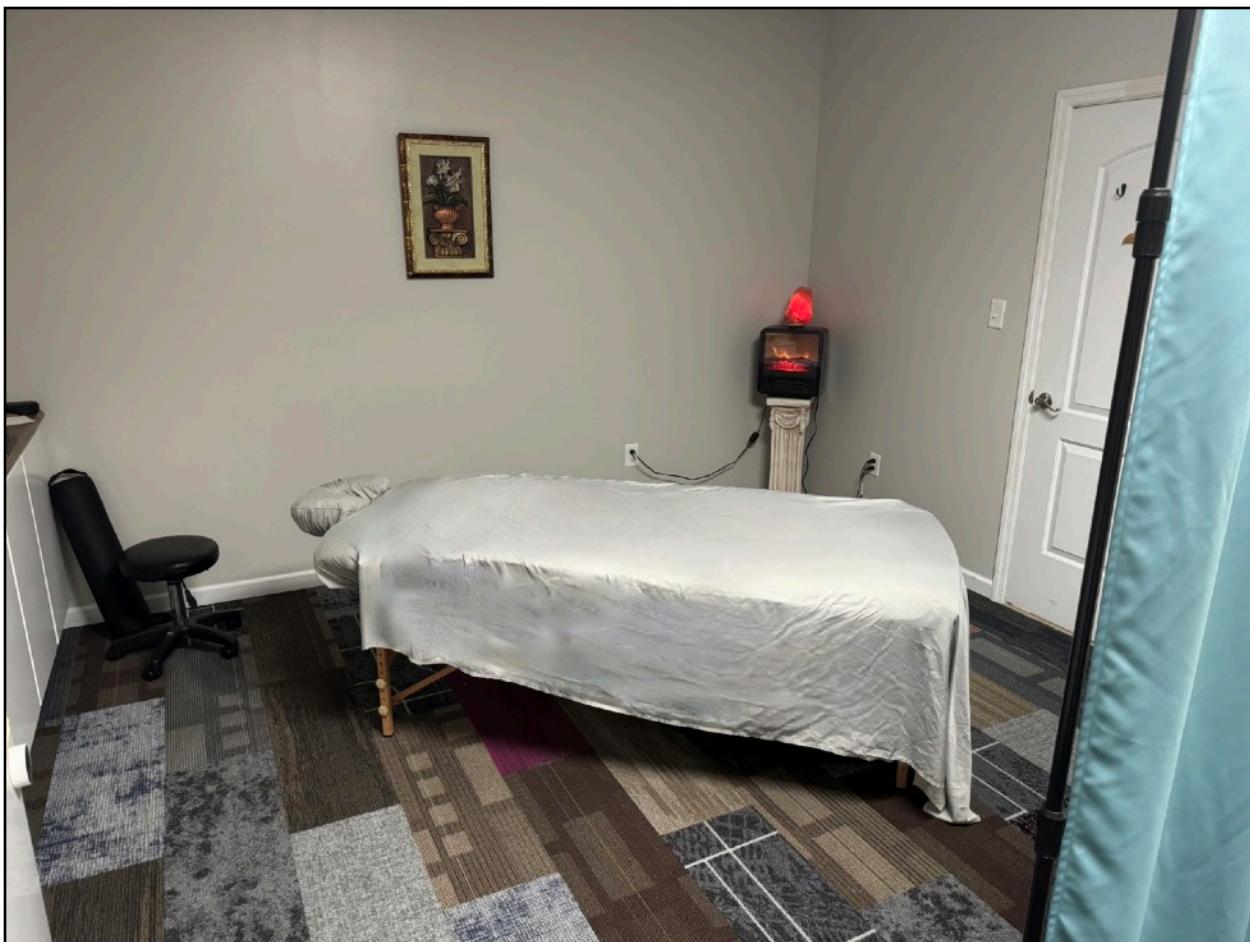
- Stimulate collagen production, which gives skin its structure, strength and elasticity.
- Increase fibroblast production, which makes collagen. Collagen is a component of connective tissue that builds skin.
- Increase blood circulation to the tissue.
- Reduce inflammation in cells.

Red light therapy is being promoted as a treatment for some common skin conditions. It's still an emerging therapy but holds a lot of promise.

Red Light Therapy:

Unlimited access is \$35 per month for Members and \$50 per month for non-members.

OPTIONS MASSAGE STUDIO



You can book a Massage with Options massage studio by calling 205-292-8132 or by booking online at optionsmassagestudio.com

A Workout Routine for Beginners

Warm-up (5-10 minutes):

- Start with 5-10 minutes of light cardio on the treadmill to get your heart rate up and warm up your muscles.

Strength Training:

Perform each exercise for 3 sets of 10-12 repetitions. Start with a weight that challenges you but allows you to maintain proper form. Rest for 1-2 minutes between sets.

1. Matrix Chest Press Machine: **No. 4**

- Sit on the machine, adjust the seat height and position the handles at chest level.
- Press the handles forward while exhaling and inhale while bringing them back to the starting position.

3. Matrix Shoulder Press Cable Machine: **No 1**

- Adjust the seat height and set the handles at shoulder level.
- Press the handles upward, extending your arms fully. Inhale while lowering the handles back to shoulder level.

4. Matrix Lateral Raise Cable Machine: **No 2**

- Adjust the handles to the lowest position.
- Stand in the middle of the machine and lift the handles sideways until your arms are parallel to the ground. Lower them back down slowly.

5. Matrix Seated Dip Cable Machine: **No 3**

- Adjust the seat height and grip the handles with your palms facing inward.
- Push the handles down, extending your arms fully. Bend your elbows to return to the starting position.

6. Matrix Lat Pull Machine: **No 7**

- Adjust the thigh pads and set the bar at a height above your head.
- Sit down, grip the bar with an overhand grip, and pull it down towards your chest. Slowly return to the starting position.

7. Matrix Leg Press Machine: **No 8**

- Adjust the seat and footplate to your comfort.
- Place your feet shoulder-width apart on the footplate. Push the plate away by extending your legs and then bend your knees to bring it back towards you.

8. Matrix Rear Delt and Pec Fly Machine: **No 9**

- Adjust the seat height and set the handles at chest level.
- Sit facing the pads, grab the handles with both hands, and bring your arms forward until they meet in front of you. Open your arms wide, feeling the stretch in your chest and shoulders.

9. Matrix Back Extension Machine: **No 11**

- Adjust the machine to your height. Cross your arms over your chest and keep your back straight.
- Lower your torso forward, then lift it back up by using your lower back muscles. Avoid using your arms to pull yourself up.

Cool Down (5-10 minutes):

- Finish your workout with 5-10 minutes of light cardio on the treadmill to gradually lower your heart rate.
- Perform static stretches for each major muscle group, holding each stretch for 20-30 seconds to improve flexibility and reduce muscle tension.

Remember to listen to your body, start with lighter weights to perfect your form, and gradually increase the weight as you get stronger. It's also crucial to maintain proper nutrition and stay hydrated throughout your fitness journey. If possible, consult with a fitness professional to ensure you're performing the exercises correctly and safely.