

# Membership Info

## Facility Hours

### GO, F&HCIC, & MBC

Monday - Thursday\*

5:30am - 8:00pm

Friday

5:30am - 7:00pm

WHBC

Monday - Thursday\*

5:00am - 8:00pm

Friday

5:00am - 7:00pm

WHBC -Saturday

8:00am-2:00PM

\*Memorial Day-Labor Day

All sites close at 7:30pm

Monday-Thursdays.

WHBC-Closed Saturdays

## Memberships

A registration fee for each continuous membership period plus an all inclusive monthly fee allow you city-wide access to all four P&G Fitness Centers. **There are no long-term contracts typical of commercial fitness clubs**

### How to Join

**Join online at [pgfitness.trihealth.com](http://pgfitness.trihealth.com).** Once complete, an email will be sent outlining the remaining steps to start your membership. The online joining option helps streamline the process allowing you to start at your convenience.

**Join in person** - Complete the Health Profile, Informed Consent (eight-digit personnel number or driver license number for non-P&G employee spouse or domestic partner required) and call the Fitness Center to set up a 15 minute registration and prescreening. Bring a payment method for the registration fee.

**For your safety**, if you do not meet P&G medical guidelines based on the review of your Health Profile, then a Physician Consent Form may be requested, prior to participation.

All P&G Cincinnati full/part-time employees, co-ops, interns, retirees and spouse/ domestic partners are eligible to join. The monthly fees can be automatically deducted via credit card, bank draft or by payroll deduction.

Any questions you may have regarding membership at the Fitness Centers, please call any of the numbers listed below or visit our web site.

### Fees

#### GO/MBC/F&HCIC/WHBC

#### Registration fee\*

\$24.82 Per Person

#### Monthly Fee\*

\$23.99 Single

\$39.99 Dual Membership

\*all prices plus tax



## Peak Hours

Year Round

6:00am - 8:00am

11:00am - 12:30pm

4:30pm - 6:00pm

We observe all P&G holidays. All hour changes will be posted in advance.

F&HCIC ..... 627-8888

MBC..... 622-3488

GO..... 983-9999

WHBC .... 634-3488



[pgfitness.trihealth.com](http://pgfitness.trihealth.com)

# Member Services

**Complimentary Personal Training Services:** All members can choose from the following complimentary Personal Training Menu as part of their base membership!

**Session #1 - Personalized Fitness Assessment:** One of our trainers will take you through a series of exercise tests including the BODPOD to assess your current level of fitness. Specific exercise recommendations will be discussed based upon assessment results and personal goals and interests. **Once complete you will have access to our Interactive Health Partner software,** following the American College of Sports Medicine guidelines, provides the tools, structure and support you need to be fit and live healthy. (Approx. 60 minutes).

**Session #2 - Personalized Program Design:** One of our trainers will meet with you and design a personal fitness program based upon your goals and interests. They will take you step-by-step through your first workout (Approx. 60 minutes).

**Session #3 - Program Follow-Up:** One of our trainers will meet with you in week 4 to review your program, answer questions, and make appropriate progressions to keep you progressing towards your goals (Approx. 30 minutes).

**Session #4 - Program Progression:** Vary your exercise program to avoid boredom and plateaus. Meet with one of our trainers around month 3 to change your routine and keep your body/muscles surprised and constantly adapting. (Approx. 60 minutes).

**Ongoing Program Monitoring:** One of our trainers will monitor your participation and send you motivational messages as well as fitness tips to help keep you on track.

Online scheduling available at [pgfitness.trihealth.com](http://pgfitness.trihealth.com)

## Fee-for-Service Appointments:

- **Personal Training Services** - Multiple session personal training services are available on a fee-for-service basis. Fees are based upon the number of sessions purchased. Ask one of our staff members about ongoing personal training services and package options, or call the Personal Training Coordinator, at 983-9999.
- **Massage Therapy Services** - Available on a fee-for service basis. Fees are based upon the length of the session purchased. Everyone can benefit from a professional massage. Massage can provide anything from soothing relaxation to deeper therapy for specific physical problems; relieve symptoms of stress and anxiety; increase the nourishing blood supply to your tissues and many other things. Provided currently at GO, FHCIC, MBC and WHBC. Schedule online or call ahead for appointment - hour and half-hour appointments are available.
- **Pilates Reformer** - An exercise system designed to transform the way your body looks, feels and performs. Available in group or private sessions.

## Membership Amenities:

- **Towel Service** – We provide workout and shower towels for your convenience.
- **Secure Lockers** – Daily use lockers are provided in the locker rooms.
- **Shower Essentials** – Shampoo, conditioner, body soaps, shower towels, hair dryers are provided in the locker rooms.
- **Incentive Programs** – Programs geared towards performing activities and gaining points for an individual/team. These programs also raise awareness to various types of training & exercises.

## **Complimentary BODPOD Assessment:**

The BODPOD Gold Standard Body Composition Tracking System is an air displacement plethysmograph, which uses whole body densitometry to determine body composition (fat and fat free mass).

BODPODs are located at our Winton Hill, GO, and MBC locations for your convenience. **You can schedule online at [pgfitness.trihealth.com](http://pgfitness.trihealth.com)** or call the P&G Fitness Centers to schedule your BODPOD assessment today.

**GO: 983-9999**

**WHBC: 634-3488**

**MBC: 622-3488**

Body composition assessments are not recommended more than once per quarter; therefore, testing is limited to four times per year.



**MEMBERSHIP INFORMATION & HEALTH PROFILE**

**HOW DID YOU HEAR ABOUT US? (PLEASE CHECK ONE)**

<input type="checkbox"/> Building Tour	<input type="checkbox"/> Café Display	<input type="checkbox"/> CO-Worker/Friend	<input type="checkbox"/> Email	<input type="checkbox"/> Flyers	<input type="checkbox"/> Wired
<input type="checkbox"/> I'm a Previous Member	<input type="checkbox"/> Intern Coordinator	<input type="checkbox"/> New Hire Orientation	<input type="checkbox"/> Other:		

**Employee Name:** \_\_\_\_\_ **Email Address:** \_\_\_\_\_  Male  Female

**Employee Personnel Number:** \_\_\_\_\_ **T#** \_\_\_\_\_ **Date of Birth** \_\_\_\_ / \_\_\_\_ / \_\_\_\_ **Age** \_\_\_\_

**HOME ADDRESS:** \_\_\_\_\_ **CITY:** \_\_\_\_\_ **STATE:** \_\_\_\_\_ **ZIP:** \_\_\_\_\_ **PHONE (\_\_\_\_) \_\_\_\_ - \_\_\_\_**

**P&G WORK LOCATION:** \_\_\_\_\_ **PHONE (\_\_\_\_) \_\_\_\_ - \_\_\_\_**

**EMPLOYEE/RETIREE PHYSICIAN NAME:** \_\_\_\_\_ **PHONE (\_\_\_\_) \_\_\_\_ - \_\_\_\_**

**EMPLOYEE/RETIREE EMERGENCY CONTACT:** \_\_\_\_\_ **PHONE (\_\_\_\_) \_\_\_\_ - \_\_\_\_**

**Do you currently have any of the following?** Employee

Y N	Hypercholesterolemia (total cholesterol greater than 200 mg/dL or HDL less than 35 mg/dL)	
Y N	Hypertension, blood pressure greater than or equal to 140/90 mmHg, or on hypertensive medication	
Y N	Smoking habit (current)	
Y N	Diabetes	
Y N	<b>WOMEN:</b> Are you 55 yrs of age or older?	
Y N	<b>WOMEN:</b> Had a baby weighing > 9 lbs.?	
Y N	<b>MEN:</b> Are you 45 years of age or older?	

**Staff Use Only** 2 of 3

1. BMI ≥ 30 kg/m<sup>2</sup>
2. < 65 yrs. old and minimal exercise (<90 min/wk.)
3. > 45 yrs old

**How many days per week** do you get moderate to intense physical activity such as a brisk walk? \_\_\_\_\_

**How many minutes per day** do you perform activities such as this? \_\_\_\_\_

**Staff Use Only**

1. Inactive Less than 90 minutes/Week

For staff use 2

**Do you have a history of any of the following diseases?**

Y N	Heart disease, heart attack, angina	Y N	Thyroid or metabolic disorder
Y N	Coronary angioplasty/cardiac surgery	Y N	Diabetes
Y N	Rapid heartbeats (greater than 100bpm)/palpitations	Y N	Kidney disease
Y N	Heart murmurs or unusual cardiac findings	Y N	Cancer
Y N	Peripheral vascular disease	Y N	Other diagnosed disease/disorder (specify)
Y N	Stroke	_____	
Y N	Other heart/vascular problems (specify)	_____	

**Do you have a history of the following signs or symptoms?**

Y N	Asthma	Y N	Fainting or dizziness
Y N	Chronic bronchitis	Y N	Chest discomfort at rest or during exertion
Y N	Emphysema or COPD	Y N	Unusual fatigue or shortness of breath
Y N	Other respiratory problems (specify)	Y N	Pregnancy (current or within 2 months postpartum)
	_____	Y N	Major surgery/hospitalization/rehabilitation/illness within the past 6 months

**Please Specify:** \_\_\_\_\_

For staff use 1

<p><b>Do you have a history of any of the following?</b></p> <p>Y N Orthopedic problems (joint/bone) within the past 6 months</p> <p style="padding-left: 20px;"><i>Specify</i> _____</p> <p>Y N Chronic back problems <i>Specify</i> _____</p> <p>Y N Arthritis <i>Specify</i> _____</p>	<p><b>List all medications you are taking.</b></p> <table border="0"> <tr> <td style="width: 60%;"></td> <td style="text-align: center;">MEDICATION</td> <td style="text-align: center;">REASON</td> </tr> <tr> <td>1) _____</td> <td>_____</td> <td>_____</td> </tr> <tr> <td>2) _____</td> <td>_____</td> <td>_____</td> </tr> <tr> <td>3) _____</td> <td>_____</td> <td>_____</td> </tr> </table>		MEDICATION	REASON	1) _____	_____	_____	2) _____	_____	_____	3) _____	_____	_____
	MEDICATION	REASON											
1) _____	_____	_____											
2) _____	_____	_____											
3) _____	_____	_____											

**Do you have any other medical situations or physical limitations, which should be considered prior to your participation in an exercise program?**

No \_\_\_ Yes \_\_\_ if yes, please explain \_\_\_\_\_

For staff use 1

**Select the statement that best describes your level of stress over the last 6 months:**

\_\_\_\_\_ No stress      \_\_\_\_\_ Occasional mild stress      \_\_\_\_\_ Frequent mild/moderate      \_\_\_\_\_ Constant high stress

**I verify all information noted above is accurate and I understand it is my responsibility to update the fitness staff of any changes in health status, which would alter my ability to safely participate in a fitness program.**

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_ / \_\_\_\_ / \_\_\_\_



**P&G FITNESS CENTER**  
**INFORMED CONSENT AND WAIVER**  
**FOR FITNESS CENTER PARTICIPATION**

As a participant in the **P&G Fitness Center**, fitness screenings and/or exercise activities, I understand and I have been informed that my **voluntary participation** in health promotion and fitness programs and special events including, but not limited to, the use of weights, number of repetitions and use of any and all machinery, equipment, all apparatus designed for exercising and the associated **facilities shall be the participant's sole responsibility** during all times of Fitness Center use. I also understand and have been informed that participation in any of the events noted above **does pose the risk of serious injury or other adverse health consequences, including death**. I agree to **self-limit my exertion through good judgment** and to **terminate any physical activity immediately, if it exceeds my personal limitations**, whether or not it exceeds the activity level recommended by the staff or prescribed by my physician. I hereby consent to, and permit emergency medical treatment in the event of any injury or illness.

If requested to obtain written consent from a personal physician, **I verify** that I have been **evaluated by a physician**, and I have been approved to participate in the programs and exercise activities as stipulated on my Physician Consent Form which is attached. If my current fitness status limits my activities, it has been indicated on my Physician Consent Form. These **limitations** have been **fully explained to me, and I understand and assume the risk** of injury and other adverse health consequences, including death, if I exceed the exercise and dietary guidelines recommended by my physician.

I understand it is my **responsibility** to seek and to continue to **receive medical evaluations** from my personal physician to determine if there are any medical conditions or injuries that could limit my participation in fitness or health promotion activities. **I agree to notify the staff of changes** in health status, physical injuries, pregnancy, hospitalizations, surgery or additional physical and medical limitations, or additions/changes in medication recommended by my physician that may affect my participation in fitness or health promotion activities. I understand that for any new medical conditions or injuries noted above, **written consent from my personal physician** may be **required prior to resuming** activities. I understand my activities may be modified.

In consideration for my participation in fitness programs, special events, and exercise activities, **I voluntarily assume the risk** of any injury, loss and/or adverse health consequence. I, for myself, my heirs, executors, administrators and assignees, hereby **release TriHealth, Inc., Bethesda Healthcare, Inc.**, and their officers, directors, employees and their affiliated entities from any and all claims, liabilities or demands of any kind arising from any injury, loss or adverse health consequence, including death, related to my participation in fitness or health promotion activities, except to the extent resulting from its or their negligence or willful misconduct.

Subject to these conditions, I affirm that I have read, understand and agree to the terms set forth above and I wish to participate in fitness and /or health promotion programs, exercise activities and special events.

**Name (Print):** \_\_\_\_\_  
*print*

**Signature:** \_\_\_\_\_  
*member/spouse/domestic partner signature*

**Date:** \_\_\_\_/\_\_\_\_/\_\_\_\_

**Witness:** \_\_\_\_\_  
*staff signature*



**Spouse/DP MEMBERSHIP INFORMATION & HEALTH PROFILE**

**HOW DID YOU HEAR ABOUT US? (PLEASE CHECK ONE)**

<input type="checkbox"/> Building Tour	<input type="checkbox"/> Café Display	<input type="checkbox"/> CO-Worker/Friend	<input type="checkbox"/> Email	<input type="checkbox"/> Flyers	<input type="checkbox"/> Wired
<input type="checkbox"/> I'm a Previous Member	<input type="checkbox"/> Intern Coordinator	<input type="checkbox"/> New Hire Orientation	<input type="checkbox"/> Other:		

**Spouse Domestic Partner**

Name: \_\_\_\_\_ Email Address: \_\_\_\_\_  Male  Female

**Spouse Domestic Partner**

Drivers License/Personnel Number: \_\_\_\_\_ T# \_\_\_\_\_ Date of Birth \_\_\_\_/\_\_\_\_/\_\_\_\_ Age \_\_\_\_

HOME ADDRESS: \_\_\_\_\_ CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_ PHONE (\_\_\_\_) \_\_\_\_ - \_\_\_\_

PHYSICIAN NAME \_\_\_\_\_ PHONE (\_\_\_\_) \_\_\_\_ - \_\_\_\_

**EMERGENCY CONTACT** \_\_\_\_\_ PHONE (\_\_\_\_) \_\_\_\_ - \_\_\_\_

**Do you currently have any of the following?**

- |   |   |  |
|---|---|--|
| Y | N | Hypercholesterolemia (total cholesterol greater than 200 mg/dL or HDL less than 35 mg/dL)        |
| Y | N | Hypertension, blood pressure greater than or equal to 140/90 mmHg, or on hypertensive medication |
| Y | N | Smoking habit (current)  |
| Y | N | Diabetes   |
| Y | N | <b>WOMEN:</b> Are you 55 yrs of age or older?  |
| Y | N | <b>WOMEN:</b> Had a baby weighing > 9 lbs.?  |
| Y | N | <b>MEN:</b> Are you 45 years of age or older?  |

Spouse

**Staff Use Only** 2 of 3

- BMI ≥ 30 kg/m<sup>2</sup>
- < 65 yrs. old and minimal exercise (<90 min/wk.)
- > 45 yrs old

How many days per week do you get moderate to intense physical activity such as a brisk walk? \_\_\_\_\_

How many minutes per day do you perform activities such as this? \_\_\_\_\_

**Staff Use Only**

- Inactive Less than 90 minutes/Week

For staff use 2

**Do you have a history of any of the following diseases?**

- |   |   |   |   |   |  |
|---|---|---|---|---|--|
| Y | N | Heart disease, heart attack, angina                 | Y | N | Thyroid or metabolic disorder                    |
| Y | N | Coronary angioplasty/cardiac surgery                | Y | N | Diabetes   |
| Y | N | Rapid heartbeats (greater than 100bpm)/palpitations | Y | N | Kidney disease                                   |
| Y | N | Heart murmurs or unusual cardiac findings           | Y | N | Cancer   |
| Y | N | Peripheral vascular disease                         | Y | N | Other diagnosed disease/disorder (specify) _____ |
| Y | N | Stroke  |   |   |  |
| Y | N | Other heart/vascular problems (specify) _____       |   |   |  |

**Do you have a history of the following signs or symptoms?**

- |   |   |  |   |   |   |
|---|---|--|---|---|---|
| Y | N | Asthma                                     | Y | N | Fainting or dizziness   |
| Y | N | Chronic bronchitis                         | Y | N | Chest discomfort at rest or during exertion                                   |
| Y | N | Emphysema or COPD                          | Y | N | Unusual fatigue or shortness of breath  |
| Y | N | Other respiratory problems (specify) _____ | Y | N | Pregnancy (current or within 2 months postpartum)                             |
|   |   |  | Y | N | Major surgery/hospitalization/rehabilitation/illness within the past 6 months |

Please Specify: \_\_\_\_\_

For staff use 1

**Do you have a history of any of the following?**

- |   |   |   |
|---|---|---|
| Y | N | Orthopedic problems (joint/bone) within the past 6 months |
|   |   | Specify _____   |
| Y | N | Chronic back problems Specify _____                       |
| Y | N | Arthritis Specify _____                                   |

**List all medications you are taking.**

MEDICATION	REASON
1) _____	_____
2) _____	_____
3) _____	_____

**Do you have any other medical situations or physical limitations, which should be considered prior to your participation in an exercise program?**

No \_\_\_ Yes \_\_\_ if yes, please explain \_\_\_\_\_

For staff use 1

**Select the statement that best describes your level of stress over the last 6 months:**

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Signature: \_\_\_\_\_ Date: \_\_\_\_/\_\_\_\_/\_\_\_\_



**For staff use:** BP \_\_\_\_/\_\_\_\_ HR \_\_\_\_ Height \_\_\_\_ Weight \_\_\_\_ BMI \_\_\_\_ BF% \_\_\_\_  
 Staff \_\_\_\_ PCF required:  yes  no Risk Assessment: DLR \_\_\_\_ DMR \_\_\_\_ DMHR \_\_\_\_ DHR \_\_\_\_ LR \_\_\_\_ MR \_\_\_\_ MHR \_\_\_\_ HR \_\_\_\_

Date: \_\_\_\_/\_\_\_\_/\_\_\_\_ © 2010 Bethesda Healthcare, Inc. All rights reserved. Copying or reproducing this document is strictly prohibited



**P&G FITNESS CENTER**  
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**FOR FITNESS CENTER PARTICIPATION**

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I understand it is my **responsibility** to seek and to continue to **receive medical evaluations** from my personal physician to determine if there are any medical conditions or injuries that could limit my participation in fitness or health promotion activities. **I agree to notify the staff of changes** in health status, physical injuries, pregnancy, hospitalizations, surgery or additional physical and medical limitations, or additions/changes in medication recommended by my physician that may affect my participation in fitness or health promotion activities. I understand that for any new medical conditions or injuries noted above, **written consent from my personal physician** may be **required prior to resuming** activities. I understand my activities may be modified.

In consideration for my participation in fitness programs, special events, and exercise activities, **I voluntarily assume the risk** of any injury, loss and/or adverse health consequence. I, for myself, my heirs, executors, administrators and assignees, hereby **release TriHealth, Inc., Bethesda Healthcare, Inc.**, and their officers, directors, employees and their affiliated entities from any and all claims, liabilities or demands of any kind arising from any injury, loss or adverse health consequence, including death, related to my participation in fitness or health promotion activities, except to the extent resulting from its or their negligence or willful misconduct.

Subject to these conditions, I affirm that I have read, understand and agree to the terms set forth above and I wish to participate in fitness and /or health promotion programs, exercise activities and special events.

**Name (Print):** \_\_\_\_\_  
print

**Signature:** \_\_\_\_\_  
member/spouse/domestic partner signature

**Date:** \_\_\_\_/\_\_\_\_/\_\_\_\_

**Witness:** \_\_\_\_\_  
staff signature

