



**ProMotion Fitness**  
2020 Peachtree Road NW  
Atlanta, GA 30309  
404-350-7789 (weight room)  
404-350-7786 (pool)  
404-367-1227 (fax)

Welcome to **ProMotion Fitness**, a total approach to fitness and wellness that emphasizes physical and mental well-being. Facilities include a weight room, indoor track, full-court gymnasium, and swimming pool. Through land and aquatic classes, personalized programs, private lessons, or personal training **ProMotion Fitness** attempts to improve its members' fitness and quality of life. The facility is completely accessible to allow people with physical disabilities to participate in all programs, as appropriate. Professionally trained and certified staff is available to ensure that all members receive the highest quality assistance.

### Membership Benefits

**Fitness Consultations:** ProMotion staff will provide an initial consultation for new members and their caregivers (when applicable) to assess their level of fitness and prescribe an appropriate wellness program. During this time, an orientation will be given to instruct the member and caregiver on how to properly use appropriate equipment.

**Gymnasium:** The full-court gymnasium is available for use dependent upon therapy sessions, sports teams' practices and events, and exercise classes.

**Weight Room:** The ProMotion weight room is equipped with free weights, strength machines, treadmills, Stairmasters, recumbent bikes, upright bikes, ellipticals, spin bikes, NuStep Recumbent Steppers, upper body ergometers, standing frames, and various fitness accessories. Most equipment is accessible to people with physical disabilities.

**Pool:** The 25-yard pool includes a ramp into the water, one water-powered lift, two hooyer lifts and a transfer wall to ensure accessibility for all. Through the use of an automated sanitation system, the pool stays clean and clear all year round.

**Indoor Track:** ProMotion facilities include an indoor track overlooking the gymnasium. 19 laps equals 1 mile.

**Exercise Classes:** ProMotion offers a variety of land and aquatic exercise classes from the beginner to the advanced level, taught by certified instructors. Classes specific for people with physical disabilities are offered. For more information, please request a class schedule.

### Membership Rates

Community Individual Membership:	\$100 one-time initiation fee + \$180/6 months
Community Family Membership: (spouse + 2 children)	\$150 one-time initiation fee + \$240/6 months
Companion Membership (2 adults)	\$150 one-time initiation fee + \$240/6 months

### Schedule of Hours

#### **Weight Room, Gymnasium & Pool**

Monday - Friday	6:00 am - 8:00 pm
Saturday	9:00 am - 2:00 pm
Sunday	Closed

**Track will remain open 24/7**

### **Weight Room Rules:**

- No one under 16 years of age is allowed without adult supervision.
- All weight room users must sign-in in the weight room.
- Please return weights to their racks and replace equipment after use.
- Limit time on aerobic equipment to 30 minutes.
- Remember to use proper gym etiquette (wipe off equipment after use, mix sets to minimize wait time, etc.).
- Athletic shoes and shirts are required.
- Personal items must be left in lockers/locker rooms.
- ProMotion users are expected to practice proper personal hygiene.
- All weight room users are required to be oriented on use of equipment prior to using.
- Spotting is required for use of the bench press. Please ask the Exercise Specialist for assistance.
- No food or beverages allowed.
- All participants who require ace wraps to perform their exercises must provide their own for each visit.
- If you require assistance with multiple exercises and/or machines, you must bring an individual to assist.

### **Gymnasium Rules:**

- No one under 16 years of age is allowed without adult supervision.
- All gym users must sign-in in the weight room.
- No street shoes or heels allowed on the gym floor.
- No food or beverages allowed.
- No dunking or hanging on the basketball goals.
- Athletic shoes and shirts are required.
- Personal items must be left in lockers/locker rooms.
- Please return balls to the weight room.

### **Pool Rules:**

- No one under 16 years of age is allowed without adult supervision.
- All pool users must sign-in in the pool area.
- Please place equipment in the storage area after use.
- Pool towels are for inpatient use only.
- ProMotion users are expected to practice proper personal hygiene.
- Shoes and clothing must be worn when leaving the pool area.
- No food or beverages allowed in the pool area.
- Please shower before entering the pool.
- Maximum bathing load is 50.
- Personal items must be left in lockers/locker rooms.
- No running, diving, or rough play.
- No jewelry allowed in the pool.
- No glass containers.

### **Track Rules:**

- No one under 16 years of age is allowed without adult supervision.
- All track users must sign in on the clipboard located on the track.
- No roller-skates, rollerblades, or bikes allowed.
- Shoes and shirts are required.
- Participants walking/jogging side by side should yield to passing traffic. Slower walkers/joggers should use the outside lanes.
- Please do not lean on or sit on the inside rail.
- No food or beverages allowed.

### **Locker Room Rules:**

- You must wear non-skid footwear while accessing the locker rooms.
- If attending to an individual in the locker room, the sex of the individual needing assistance will determine which locker room is used.
- If transferring from a shower chair, you must bring someone to assist with securing the chair.

# PROMOTION FEE AGREEMENT & RELEASE FORM

\_\_\_\_\_  
(Initials) The initiation fee will serve as a one-time only charge, unless membership is canceled and later reinstated, or fees are allowed to lapse for more than one month. All membership fees must be paid in advance for a minimum of six (6) months. Shepherd Center employee membership fees must be paid through payroll deduction. ***Membership fees are non-refundable.***

\_\_\_\_\_  
(Initials) I have received and read the membership information packet. I agree to all information, rules, and guidelines.

\_\_\_\_\_  
(Initials) I give the ProMotion staff permission to contact my physician(s) for any referrals, approvals, or clarifications of my medical history that are necessary for my participation in any aspect of ProMotion.

\_\_\_\_\_  
(Initials) I will update ProMotion staff immediately of any new health risks/changes in my medical history.

\_\_\_\_\_  
(Initials) If my application for ProMotion is accepted and I am permitted to participate in this program, I, the undersigned, on behalf of myself, my heirs, executors and administrators, and assigns hereby agree that Shepherd Center or any co-sponsoring organization, facility, of its officers, directors, employees, volunteers or agents, shall not assume or have any responsibility or liability for expenses or medical treatment or for compensation for any injury that I may suffer during or resulting from my participation in ProMotion. Further, I the undersigned, on behalf of myself, my heirs, executors and administrators, and assigns hereby agree to waive, release, indemnify, hold harmless and forever discharge Shepherd Center, its employees and/or agents, from any and all liability and causes of action, including claims for damages, that I may have or that may accrue in connection with my participation in ProMotion.

\_\_\_\_\_  
Member Name (please print)

\_\_\_\_\_  
Member Signature

\_\_\_\_\_  
Date