

Seiden Wellness Center Standards and Guidelines

1. **Age Requirement**

Members must be at least 21 years old to access the Seiden Wellness Center facilities and services.

2. **Health & Safety**

Members are expected to follow health and safety guidelines at the Seiden Wellness Center. Please wipe down all machines and equipment with the provided sanitizing wipes after use. Keep the locker room tidy by properly disposing of trash and avoiding clutter. Report any injuries or unsafe conditions to staff immediately.

3. **Equipment Use**

Members are encouraged to use equipment responsibly and must wipe down machines after use.

4. **Respectful Conduct**

Members are expected to treat others and our staff with mutual respect and courtesy. Disruptive or inappropriate behavior will not be tolerated and may result in disciplinary action. If you believe someone in the locker room may not be a Seiden member, kindly bring it to the attention of the desk staff, who will handle the situation. We ask members to avoid addressing other guests directly. We appreciate your understanding and cooperation in maintaining a welcoming environment for all.

5. **Guests**

Members receive 12 digital guest passes annually. Each pass can be redeemed once per month. All guests must register at the front desk and be accompanied by a member at all times.

6. **Locker Usage**

Personal lockers are provided for member use. Members are responsible for maintaining cleanliness in their assigned lockers. Please ensure that lockers are kept tidy and free of any perishable items, trash, or personal belongings that could create an unpleasant environment. Members should only use their assigned lockers and must not occupy or store items in lockers that are not designated for their use. Seiden Wellness Center staff may access member lockers for cleaning or security reasons. We will try to notify members beforehand, but immediate access may occur without prior notice if necessary.

7. **Complimentary Services**

Seiden members receive three complimentary services each year after maintaining an active membership for 12 months. Seiden Members must hold an active membership during the entire current fiscal year to receive these services. Eligible members will be asked each June to select their preferred services. Please note that if you place your membership on hold, your access to these services will be suspended, as they are reserved for members who are fully active during the entire current fiscal year. Services are non-transferable and expire June 30 of the current fiscal year.

8. **Towel Service**

Seiden members are entitled to complimentary towel service during their visits. Towels are available in designated areas and should be returned to the designated bins after use. This service is exclusively for Seiden members and may not be shared with non-members.

9. **Amenities**

Seiden members have access to complimentary amenities in the locker room, including hairspray, mouthwash, and other personal care items. These amenities are exclusively available to active Seiden members, and members are expected to use them responsibly and with consideration for others. Please use amenities as intended and limit usage to personal needs. It is also essential to maintain cleanliness in the locker room; members should dispose of any waste in designated bins. Additionally, amenities are for individual use only and should not be shared with non-members.

10. **Membership Hold**

Members may place their membership on hold for a 2-month period two times per 12-month period; however, complimentary services will be suspended, as these benefits are reserved for members who are fully active for 12 months.

11. **Cancellation**

Membership may be cancelled with 30 days' notice and completion of our cancellation form. Contact membership@jccotp.org. After canceling, members have 7 days to clear out their lockers. Items left after this period will be held for 7 additional days before disposal.

12. **Food & Drink**

Members are permitted to bring food and beverages, but alcohol is not allowed on the premises. Please enjoy the complimentary coffee and tea bar provided.

13. **Privacy & Confidentiality**

Members' personal information and wellness data are kept confidential and will not be shared without prior consent.

14. **Policy Updates**

Policies are subject to change; members will be notified of any updates through our standard written communication channels.