



BodyBusiness

Fitness Club

Member Handbook **2017**

www.bodybusiness.com

512-459-9424
2700 West Anderson Lane, Austin, TX 78757



Welcome from the Owner

I am pleased to welcome you to BodyBusiness! We want all our members to find BodyBusiness a welcoming place where you can meet all of your goals for a healthy lifestyle.

We have members of all ages and fitness levels and feel we have something to offer to everyone. Whether you enjoy the environment of a group exercise class or just want to run on the treadmill undisturbed, please know that our certified trainers and experienced staff are here to support you along the way. They are experts in fitness and are truly what sets our club apart from others.

Our members consistently tell us that our staff is the key to their success in implementing habits that have made them successful in their quest to be healthy and fit.

When you join BodyBusiness, we encourage you to take advantage of the complimentary orientation session. It is designed to acquaint you with the facility so you can take full advantage of everything BodyBusiness has to offer. You will find detailed information about our facility and services in this guide. I invite you to join us and find out what so many in the community already know.....BodyBusiness is truly the best place to belong, workout and succeed!!!

With warmest regards,

Jessica

Jessica Evans
Owner, BodyBusiness



Hours of Operation

Monday – Thursday	5:30 a.m. – 10:00 p.m.
Friday	5:30 a.m. - 8:00 p.m.
Saturday & Sunday	8:00 a.m. – 6:00 p.m.

Holiday Hours

BodyBusiness is closed on the following holidays:

July 4th

Easter

Thanksgiving Day

December 24th , 25th and 26th

We will have reduced operating hours and/or no group-ex classes on the following holidays:

New Year's Eve

New Year's Day

Memorial Day

Labor Day

Thanksgiving Eve

Privileges of Membership

BodyBusiness Membership includes:

- Unlimited use of Free Weights, cardio and resistance equipment
- Day use lockers
- Discounted rates for other services
- Unlimited Group Exercise Classes
- Showers, soap and towels
- Invitations to all special events
- 5 free guest passes
- BB rewards program
- Discounted access to 6000+ clubs worldwide through the IHRSA club network

General Information

Check-In

Members are required to present a valid BodyBusiness Key Tag to be admitted into the club upon each visit. The procedure for admittance is for members' protection and will be strictly enforced. There will be a \$5 replacement fee for lost key tags.

Members are welcome to take unlimited group exercise classes every month. We ask that you check in for class when you enter the club. This helps us monitor the schedule and adjust our programming to meet the needs of our members. If you love a class it's even more important we record your attendance to ensure it remains on the schedule.

Attire

Members are expected to wear shirts and appropriate shoes when utilizing the fitness areas. Bare feet, socks or open-toed shoes are not permitted.

Member Etiquette

It is our policy to provide a pleasant place to exercise and socialize. Members are asked to be polite to other members and staff. Smoking, alcoholic beverages, profane language, and abusive actions are strictly prohibited in all areas of BodyBusiness. Management reserves the right to suspend or cancel the membership of any member for inappropriate or offensive behavior, which in the opinion of management is prejudicial to the welfare, good order, and character of the club and its members.

Cell Phone Policy

Please be respectful of others in the club and limit all cell phone use at BodyBusiness. We understand that emergencies arise and you may need to use your phone. In that case, please move to an un-crowded area of the club and speak in a lowered tone of voice. The use of camera phones is strictly prohibited in locker rooms.

Music

We know that music is an important part of any club and we work very hard to choose music that will create a positive experience for our members keeping in mind the diverse tastes we have within the club. We must comply with many licensing regulations when selecting our music, so please do not adjust or interfere with the equipment in the club. We always welcome your suggestions, comments and feedback regarding music choices.

Website & Social Media

Please visit our website at www.bodybusiness.com to email feedback and/or questions to BodyBusiness staff and to find more information on;

Hours

Group Exercise Class Schedule

Staff names and bios

Upcoming events

Join us on Facebook at BodyBusiness Fitness on Anderson for updates, recipes and other valuable information!



Guest Policy

BodyBusiness welcomes guests and encourages our members to share their experiences at the club with family, friends and co-workers. To ensure members optimum use of the Club and to protect the value of the membership, we request that guests be accompanied by a member unless otherwise authorized by a manager or membership representative. All guests must complete a guest pass liability waiver to enter the Club.

Lost and Found

A lost and found box is kept in a locked storage closet. Please ask the Front Desk to bring it out if you are missing anything. Articles of clothing and other items will be kept for three months and then given to charity. The club will not be responsible for items lost, stolen or damaged while on club property. Please do not bring valuables into the club.

Locker Rooms

Our facility has men's and women's locker rooms. Lockers are available to store your personal items while using the facility. Locks are available at the front desk and should be returned to the front desk before leaving BodyBusiness. Lockers are to be shared by all members/guests and are for day use only. Any locks left on overnight will be removed. BodyBusiness will not be held liable for the loss, theft or damage to the personal property of members or guests.

Soap and other personal grooming products are provided in the locker rooms for members. Additional items including: razors, toothbrushes and feminine products are available from the front desk. Please be courteous to other members and observe good personal hygiene habits and refrain from using perfume or cologne when exercising. Members will be informed of any complaints and must comply with the guidelines.

Gift Cards

Gift Cards usable for club services can be purchased at the front desk. Gift cards may not be redeemed for cash.

Inclement Weather

If AISD schools are closed, the club opening may be delayed and morning classes may be cancelled. We will make every effort to open the club during bad weather, however, it may become necessary to open late, close early or close for the entire day. If in doubt, please call ahead or check our Facebook page for updates on any schedule changes due to weather.

Emergency Procedures

In the event of an emergency, please notify a staff member immediately. All staff is trained in emergency procedures and CPR. A defibrillator is located on the wall next to the Pilates studio and can be operated by trained staff. In case of emergency, the club will contact EMS.



BB Rewards Program

As a member of BodyBusiness you are eligible to enroll in our rewards program where you can earn points to be used for great rewards inside and outside the club. To enroll, please go to www.Perkville.com or you can login on the BB app.

Please check our website or with the front desk for the most current information on the program.

Weight Room and Cardio Floor

General Guidelines

BodyBusiness has a fully equipped weight room and a large selection of cardio equipment available to all members. For the safety and comfort of all our members, we have established the following policies:

Please replace free weights, weight plates, bars, dumbbells, and all equipment after use so that other members can find equipment in its proper place.

Please do not drop or throw weights on the floor.

Please refrain from making loud or distracting noises.

As a courtesy to other members, please limit exercise time to 30 minutes when others are waiting to use the cardio equipment.

For your safety, closed-toe, athletic footwear must be worn on the fitness floor, no flip-flops, sandals or dress shoes with heels are allowed on the equipment.

BB personal trainers are on the floor most of the time. Members are encouraged to approach our staff for assistance in operating equipment, developing an exercise program and addressing overall fitness needs.

Food is prohibited on the weight room floor; and water must be stored in plastic bottles with secure tops. Please do not bring beverages other than water on the floor.

Group Exercise

General Guidelines

With over 55 classes per week, we have something for everyone at any fitness level. Class descriptions and schedules can be found on our website www.bodybusiness.com and on our BB app.

All group exercise classes are included in membership. Please check in for class at the front desk when you enter the club. As a courtesy to others, please arrive five to ten minutes early for class to allow for proper set-up and explanations. If you are running late or need to leave early, please choose a spot in the back of the class and try not to disrupt the participants who are trying to follow the instructor.

If you would like further information about any specific class, please inquire at the front desk or reach out to **Mark Brown, Director of Group Exercise at mark_b@bodybusiness.com**.

Personal Training

Whatever you want to achieve—looking better, feeling better, or taking your game to a new level—BodyBusiness nationally certified personal trainers are passionate about helping you get there. Personal training gets you started on a fitness program that's customized just for you. Regardless of your age or fitness ability, our certified trainers are here to work with you one-on-one to determine your goals and how to best achieve them.

We are experts at matching you up with the right trainer. You can feel confident that our personal trainers will make sure you have all the tools you need to get the most from your workout and the results you want.

No matter your age or current level, your experienced BodyBusiness personal trainer will design a program to help you:

- Lose weight
- Reduce body fat and increase muscle
- Reduce stress
- Enjoy increased health benefits
- Improve posture and flexibility
- Increase your strength and endurance
- Enjoy a healthier quality of life

When you work out with one of our personal trainers, you'll learn proper form and technique, stay focused and motivated, and achieve maximum results in the shortest time. Our friendly trainers are a cut above typical health club trainers. All BodyBusiness personal trainers undergo a comprehensive certification process and many hold fitness and/or nutrition degrees.

Personal Training options:

Private 1-on-1: 60-minute sessions or 30 minute sessions

Semi-Private (up to four people per trainer): 60-minute sessions or 30-minute sessions

Reservation Policy

After the first session, members will schedule additional sessions through their personal trainer.

Cancellation Policy

If you need to cancel a session, please give your trainer 24 hours notice. When sessions are cancelled less than 24 hours before the scheduled time, the session will be billed to the member in full. All Personal Training sessions are good for one year after purchase and will expire if they have not been used.

Only BodyBusiness Personal Trainers employed by the club are permitted to train members on club property.

If you are interested in Personal Training, please contact: **Mendy Dimanoff, Director of Personal Training** at mendy_d@bodybusiness.com.

Tribe Team Training

BodyBusiness Fitness is excited to be the only club in Austin to offer TRIBE Team Training™

TRIBE Team Training™ are the world leaders in developing small group personal training sessions and BodyBusiness is the first gym in Austin to be offering these hugely successful small group trainings at our Club.

If you thought small group sessions weren't for you, then you haven't tried TRIBE Team Training™. TRIBE Team Training™ is different than group fitness. TRIBE Team Training™ members will experience fun, belonging, control, support, direction and challenges all in a dynamic motivating environment that will respect your individuality so that you can achieve more.

Research has shown that by working as a team we gain far greater results than when we work out on our own.

Our Trainers have received extensive training in the delivery of three of the TRIBE Team Training™ programs we are bringing you:

Tribe FIT

TribeFIT is a strength and endurance HIIT conditioning program designed for any committed individual regardless of fitness or experience making it the ideal fitness regime. TribeFIT will increase your strength and endurance, burn fat and calories and produce functional full body fitness results leaving you looking and feeling amazingly fit.

Program options: 2x per week 50 minute team strength and conditioning workouts for six weeks or 3x per week 50 minute team strength and conditioning workouts for six weeks.

Tribe CORE

TribeCORE is a training program intelligently designed to bring toning, strength, stability and power to your core. TribeCORE trains muscles around your pelvis, hips, back and abdomen, starting from the deep torso muscles to leave you with a slim waistline and firm strong abs. TribeCORE incorporates flexibility and stability training to achieve structural longevity and powerful, pain-free movement.

Program runs for six weeks and meets twice weekly.

Tribe LIFE

TribeLIFE is a low impact functional exercise workout designed to ensure you achieve all your exercise needs to be fit for life. TribeLIFE uses low-impact, functional exercises that are not strenuous on the joints. TribeLIFE will ensure you maintain the correct intensity during workouts needed to decrease body fat, increase energy levels, achieve cardio vascular fitness and increase functional strength.

Program runs for six weeks and meets twice weekly.

Tribe Facts

- Up to 10 people per team
- All equipment provided
- Members and non-members welcome

Tribe is broken up into seven, six-week seasons per year. In between sessions, there will be a free trial week of classes that are open to members and non-members to try out the different programs and select which one is the best aligned with your personal goals.

Tribe Season 2017

Season	Trial Week	Season Dates
1	January 16 - 20	January 23 - March 2
2	March 6 - 10	March 13 - April 20
3	April 24 - 28	May 1 - June 8
4	June 12 - 16	June 19 - July 27
5	July 31 - August 4	August 7 - September 14
6	September 18 - 22	September 25 - November 2
7	November 6 - 10	November 13 - December 21

For more information about Tribe, please contact **Mendy Dimanoff, Director of Small Group Training** at mendy_d@bodybusiness.com.

Pilates

Are you interested in a stronger, leaner, and vibrant body along with a calmer and more balanced mind?

Pilates was once considered the “exercise of the elite” due to the large number of dancers and elite athletes that were early adopters and avid students. Today Pilates is practiced by over 10 million people in the U.S. due to its effectiveness in improving core strength and overall functional movement.

Core strength in Pilates is much more than “six pack abs.” It includes highly developed abdominal muscles, pelvic floor, inner thigh muscles, the hip complex and the back musculature. Pilates develops these muscle groups and trains them to work together resulting in greater range of motion and stability in the spine.

Pilates is a mind-body-spirit modality that shares qualities with other mind/body/spirit systems such as Yoga and Gyrotonics. Anyone at any age or fitness level can benefit from Pilates. If you work at a computer all day, Pilates is especially effective at reversing the effects you may experience as lower back pain, rounded shoulders, tight hip flexors, weak gluteals and sagging abdominals.

Even elite athletes can benefit from Pilates. In balancing repetitively overused and underused muscles they can greatly improve their efficiency and overall performance.

BodyBusiness has an exceptional Pilates program. All of our certified instructors have extensive training on all pieces of Pilates equipment.

Pilates Options

Private 1-on-1 Session: 60-minutes or 30-minutes

Duet: 60-minutes

Trio: 60-minutes

Quad: 60-minutes

Reservation Policy

All Pilates reservations will be coordinated directly with the Pilates Instructor. For more information please contact **Sibylle Hohendorf, Director of Pilates at Sibylle_h@bodybusiness.com**.

Cancellations

If you need to cancel a session, please give your trainer 24 hours notice. When sessions are cancelled less than 24 hours before the scheduled time, the session will be billed to the member in full. All Pilates sessions are good for one year after purchase and will expire if they are not used.

Only BodyBusiness Pilates instructors employed by the club are permitted to conduct Pilates private or group sessions on the club property. Use of Pilates equipment in the Pilates Studio must be supervised at all times by a certified and trained BodyBusiness Pilates instructor.

Nutrition/Wellness Coaching

Have you tried to diet in the past but failed to lose weight?
Or maybe, you've lost weight but struggled to keep it off?
Are your energy levels low, especially in the afternoon?
Is stress making it hard to enjoy your life?

If you answered yes to any of these questions, we can help! Our BodyBusiness Wellness Programs are designed just for you. Integrating the latest nutritional science, stress management techniques and behavior modifications, we will work as your partner to develop a custom, individualized program to discover what is the best plan for your unique body and constitution.

In our fast paced, instant gratification culture, it is difficult for us to stop and listen to what our bodies need. We are constantly inundated with how we “should” and “shouldn't” be eating. We would love to help. We don't believe in quick fixes that will send you on another yo-yo program of restrictive eating. We believe that real change takes time and commitment but the reward of flourishing in all aspects of your life is well worth the effort.

If the time has come and you're ready, the first step is a free initial consultation where we will discuss your specific needs in depth and determine how nutrition coaching can support your overall goals.

For more information please contact **Kimberly Olson, Director of Wellness Programs**
kimberly_o@bodybusiness.com.

Massage/Spa Service

Our focus is sports and therapeutic massage – helping your body recover and renew so you can get the most out of your workouts and your daily life. Give us an hour, or even 15-minutes (we love walk-ins for chair massage!) and you will agree, our therapists are simply genius.

There's no denying the power of a great massage. Massage therapy can be a powerful addition to your healthcare regimen. Some of the many benefits of massage include:

- Easing of muscle pain
- Decreased anxiety and depression
- Enhanced sleep quality
- Increased immunity
- Greater energy
- Headache relief
- Reduced fatigue
- Stress reduction

To book your appointment, please see the front desk.



Membership

Age Requirement

Anyone applying for membership under 18 must have parental consent in writing. Individuals under 18 years old must attend an orientation session with a trainer before using the equipment or participating in any programs at the Club. Children under 14 must be accompanied by an adult or staff member at all times while at the Club.

Membership Freeze Policy

To accommodate members who are not able to use the Club for a period of time for medical, business or personal reasons, we allow members to freeze their membership and pay lower monthly fees for a limited period of time. Freezes are only permitted in certain cases, as set out below, and must be approved in advance, as freezes may not be imposed retroactively. If the member pre-paid fees, the freeze rate may be paid either prior to the freeze, (if the duration of the freeze is known), or paid upon the return to the club. If you need to place your membership on a freeze, please contact the front desk to obtain a freeze form.

Medical Freeze

Medical freezes may last for up to six months. A physician's note is required and there is a fee of \$5/ month plus tax.

Personal Freeze

Personal freezes are allowed for up to one month per year. There is a fee of \$20/month plus tax.



Assumption of Risk and Release of Liability

All members and guests must sign this before using the Club or participating in Club activities.

You understand and agree that any form of exercise, including but not limited to the use of exercise equipment, is a potentially hazardous activity and that all fitness activities involve risk of injury and death. You understand and agree that you are voluntarily participating in activities at the Club and using the Club's equipment with full knowledge of the risks and dangers involved. You assume all risk connected with Club activities (including non-exercise-related activities) and promise that you are in good health, you do not suffer from a physical impairment that would limit your use of the Club. You understand and agree that you should first consult a physician before engaging in any Club activities. You understand that you are advised to consult your doctor before beginning any physical activity.

In consideration of being permitted to access the facilities, equipment, activities and programs at BodyBusiness, You waive, release and forever discharge Club, its officers, agents, employees, owners and other representatives from all responsibility and liability for injuries or damages you sustain at the Club location or participating in Club activities, whether or not related to Club fitness activities. You specifically agree that the Club, its employees, owners and other representatives are not and shall not be liable for any claim, demand or cause of action. You agree to hold the Club, its employees, owners and other representatives completely harmless in the event of death, personal injury, property damage or any other loss or damage.

Printed Name: _____

Signature: _____

Date: _____

Note: This may only be signed by adults. If the member or guest is a minor, the minor's parent or guardian must sign this on the minor's behalf. If an adult signed this waiver on behalf of a minor, the minor's name is printed here:

(Printed Name of minor, if applicable)



Contact List

Larry Maloney	General Manager	Larry_m@bodybusiness.com
Mark Brown	Director of Group Exercise	Mark_b@bodybusiness.com
Mendy Dimanoff	Director of Personal Training	Mendy_d@bodybusiness.com
Kimberly Olson	Membership Director & Director of Wellness Programs	Kimberly_o@bodybusiness.com
Sibylle Hohendorf	Director of Pilates	Sibylle_h@bodybusiness.com

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