



BAYLOR SCHOOL OF NURSING
Spring 2016 Traditional

Welcome to the Baylor Tom Landry Fitness Center! We are excited to have you here to workout with us and want to make this a healthy year for you. Take time to rededicate yourself to exercise, to enjoy life, and to get your life back in balance. The Staff of Baylor Tom Landry Fitness Center is here to encourage consistent, regular physical activity and to help you attain the best level of wellness for you at this time in your life.

MEMBERSHIP PROCESS:

Student Membership

Enrollment / Waiver Deadline is January 15th, 2016

A completed 2015 Enrollment / Waiver form must be completed and submitted to the Baylor Tom Landry Fitness Center Member Services desk no later than Friday, January 15th. You will not be considered an active member and allowed access into the fitness center until your completed form has been received, a fitness center membership card is made at the Member Services desk and you have been activated in our computer system. All students will adhere to the student restricted hours.

Spouse Membership

Enrollment / Waiver Deadline is January 15th, 2016.

The Baylor Tom Landry Fitness Center would like to extend a special membership to those of you with a spouse. A special membership rate of \$67.50 for the spring semester has been arranged for your spouse, but you must act quickly because the deadline to enroll is Friday, January 15th. Payment for your spouse should be made to Baylor Tom Landry Center Business Office, Suite 1900. The spouse ID will be made at the fitness center Member Services Desk located in the atrium. All spouse memberships will adhere to the student restricted hours.

STUDENT/SPOUSE RESTRICTED HOURS:

Baylor School of Nursing has been assigned special hours of usage to the Baylor Tom Landry Fitness Center. Please make note of the following times.

Monday – Friday:	5:00am – 11:30am 1:30pm – 4:30pm
Tuesday, Thursday & Friday evening:	7:00pm – 10:00pm
Saturday:	7:00am – 8:30pm
Sunday:	11:00am – 6:00pm

FITNESS CENTER ACCESS:

All members must check in by presenting their fitness center member ID card at the atrium desk when using either the indoor or outdoor facilities. For security and emergency reasons, all members are asked to leave their membership card at the front desk while in the facility. Should your spouse elect to participate in usage of the center, he / she will need to have a photo ID made at the fitness center Member Services desk. Unauthorized use of the membership card by persons other than a member is prohibited.

PARKING:

Nursing students have designated parking that is to be utilized while on campus. Please do not park in the Landry Center lots. If you park in an unauthorized lot and are ticketed, the ticket will not be dismissed.

FITNESS ASSESSMENTS:

It is strongly recommended that each new member participate in a General Fitness Assessment. The assessment will measure your aerobic fitness, muscular strength and endurance, and body composition. This will enable the fitness center staff to assist you more accurately in designing your exercise program. Please call 214-820-7996 to schedule an appointment. Cost \$45.

GUEST POLICY:

Guests are welcome anytime, but must be accompanied by a member at all times and must register at the Atrium Desk. Please note that guests are subject to a daily guest fee. All guests must be 18 years of age, and complete and sign a waiver before using the facility. No guest may visit the center more than 2 times in one month, or 4 times in one year.

WEIGHT ROOM ORIENTATION:

Baylor Tom Landry Fitness Center staff will provide a detailed orientation of the weight room and equipment to all new members. To schedule an appointment, call 214-820-7996 or stop by the weight room.

MEMBER SERVICES:

As a member of the Baylor Tom Landry Fitness Center, you have many special member services and programs available to you. Some of the programs require a fee, but many are available at no charge. Please check at Member Services located in the atrium for more information.

Should you have any questions, please stop at the Member Services desk located in the atrium at the ***Baylor Tom Landry Center, or call 214-820-7870.***