

All questions regarding Total Fitness Aquatics please call Total Health at 405-533-4348

NEW MEMBER ORIENTATION

TOTAL FITNESS AQUATICS (TFA)

1. Facility hours
 - a. Exercise room / studio / locker rooms are open from 4 am – 12 am (midnight) (7 days / week)
 - b. Pool hours 6:30 am – 7 pm (Monday – Friday)
 - c. **Facility is equipped with video monitoring throughout the facility 24 hours a day**
 - i. Monitoring is intended to provide member safety and identify facility misuse.
2. Instruction for use of Keytag
 - a. Each member must place the keytag against the scanner positioned inside the right wall of the vestibule, wait for the door to unlock and enter the building. Allow the door to close behind you.
 - b. Each member must scan their own card to gain access, if it is identified that a member is allowing others to access the Total Fitness Aquatics facility without a membership (piggybacking off of their scan), the membership may be cancelled.
 - c. If it is identified that a member is allowing others to utilize their scan card, the membership in question may be cancelled.
 - d. If multiple members are present, please wait a few seconds after the member ahead of you scans to allow the system to reset.
 - e. Any replacement tags may be purchased for \$5 at Total Health.
3. Lobby amenities
 - a. Tables and chairs are available to members who wish to socialize or rest prior to leaving.
 - b. Coffee machine: automatic coffee maker is available during hours of operation; cups, sweeteners are made available.
 - c. Our water fountain has the option to fill up water bottles as well as traditional use.
 - d. Vending machine is stocked with healthy options identified by Stillwater Medical Center.
 - e. TFA has provided massage chairs for member use.
 - i. Instructions for use are available beside the chair.
 - ii. Members must remove shoes and be free from perspiration prior to use.
 - iii. Linens are available and must be placed in the chair prior to use.
 - iv. Place linen in the linen hamper after massage is complete.
4. Pool schedule
 - a. We will have 26 group fitness classes taught throughout the week; approximately 5 classes per day.
 - i. Classes include: Water In Motion and Water In Motion Platinum, Gentle Aqua, Joint Friendly, Aqua Zumba, TaBaqua, Hydro Gym.
 - b. Classes are available for all levels of fitness.
 - c. Laminated independent aquatic workouts are created by our specialists and available for use during open swim.
 - d. No life guard on duty.
 - e. Total Fitness Aquatics works with the Stillwater Public School system and Oklahoma State University to provide aquatic exercise for students with special needs. The pool is reserved for these groups from 1-3:30 on Tuesdays and Thursdays throughout the school year.
 - f. Open swim and independent pool exercise is available when classes are not in session.

For any concern related to health or safety please call 911

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5. Pool shower
 - a. All members must shower off before entering the pool, no exceptions. A shower is made available within the pool room, as well as in the locker rooms.
 - b. Lotions, body oils, dirt, etc...are all factors that challenge our ability to sanitize the pool. If our members shower and rinse off before entering the pool, there is a significant decrease in chemical use to maintain sanitation.
6. Sanitation system
 - a. Our pool utilizes three methods of sanitation: chlorine, carbon dioxide, and ultraviolet. The combination of these methods creates a pool that allows our chemicals to work more efficiently to maintain sanitation.
7. Linen placement
 - a. Dirty linen hampers are placed by the entrance of each room (pool, exercise, and locker rooms). Please dispose of dirty linens prior to leaving the facility.
 - b. Clean linen racks are available throughout the facility in all rooms.
8. Men's and Women's Locker rooms
 - a. Locker rooms are stocked with shampoo / body wash; all other toiletries are provided by the member.
 - b. Lockers are available to members for day use at no additional fee.
 - i. Locks are not provided. Please remove all personal belongings and locks from the daily use lockers after each visit. **Locks must be removed at the end of the day or they will be removed by the Total Health staff.**
 - c. SuiteMate Centrifuge for "ringing out your swimsuit": specific operating instructions are available on the machine.
 - i. Place a single swimsuit in the SuiteMate machine and press down for 10-15 seconds, let the machine come to complete stop before retrieving your suit.
 - d. Men's locker room has two showers, two toilet stalls, and one urinal.
 - e. Women's locker room has three showers, four toilet stalls, and two changing stalls.
9. Fitness room – **CONNECT TO MYAUDIO WIFI**
 - a. Fitness Room and Studio are for independent exercisers.
 - b. Staff will do periodic walk through for facility upkeep.
 - c. Dress code- No midriff exposure.
 - d. Only bottles with lids are allowed on floor- no colored drinks at all.
 - e. Equipment specific to Total Fitness Aquatics
 - i. Climbmill (be careful to press stop until you hear a click before getting off) - Google and Youtube Matrix Fitness: Climbmill
<http://www.matrixfitness.com/en/cardio/climbmills/c3x>
<https://www.youtube.com/watch?v=M12o7AihZos>
 - ii. Octane XT-one – Google Octane XT one
<http://www.octanefitness.com/commercial/products/standing-ellipticals/xt-one/>
 - iii. Octane Lateral X – Google Octane LateralX lx8000
<http://www.octanefitness.com/commercial/products/lateral-ellipticals/lx8000/>
 - iv. Octane X-Ride – Google Octane X Ride xr6000
<http://www.octanefitness.com/commercial/products/recumbent-ellipticals/xr6000/>

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- v. Octane Fitness Workout Programs – Youtube Octane Fitness _____
 - 1. 30:30 <https://www.youtube.com/watch?v=hcSn7U1pl9A>
 - 2. MMA <https://www.youtube.com/watch?v=9W4cRt1rxqw>
 - 3. Cross Circuit https://www.youtube.com/watch?v=w_N6om4ylw4
 - a. XT-One Cross Circuit is completed by performing aerobic workout for desired time; step off and perform strength straining for desired reps; step back on machine and resume aerobic workout. Repeat throughout the workout.
 - vi. Octane Workout Boosters – Youtube Octane Fitness Workout Booster
<https://www.youtube.com/watch?v=3ZRMbONWKKg>
 - vii. All links above are made available on the devices located in the Fitness Room
 - f. AppAudio
 - i. Audio application service that allow members to listen to the 5 TV's on their phone
 - ii. Download AppAudio on iTunes or Google Play
 - iii. Connect to **MyAudio WiFi**
 - iv. Total Fitness Aquatics has provided various devices with the AppAudio installed, located at the front of the Fitness Room. These devices are available for those members without a “smart phone” and are for facility use only. Any misuse of the tablets may result in fees and cancellation of membership. If used, please return the devices to the original area and plug them back in for charging.
 - v. Passcode for the devices is 1234✓
 - g. TV use
 - i. Each television is assigned a remote; please use the correct remote with the corresponding TV.
 - ii. The member must stand within 6 inches of the TV to use remote control.
 - iii. Please respect others when you consider changing the channels.
 - iv. Replace the remote in the assigned holder under each TV.
 - h. Free weights / balls are provided for member use.
 - i. A space at the back of the room is intended for free weight and floor exercise. You may also exercise within the studio, if a class is not in session.
 - i. Multi-station Gym
 - i. This strength piece provides the exercises an opportunity to perform over 100 different exercises using the 10 attachments provided on the swiveling accessory station.
 - ii. Please replace the attachment pieces on the accessory station when finished
 - iii. Video examples of 32 different exercises are available at the Total Health Facebook page under videos.
 - j. Cleaning machines
 - i. Wipe dispensers are located within the exercise room; **please wipe off equipment when finished using.**
10. Studio room
- a. Fitness On Demand (FOD)
 - i. Begin by pressing “start a class”
 - ii. Choose from one of the 150 different class's you want to try
 - iii. Gather the equipment needed for class (shown on the description screen of class).
 - iv. Adjust volume for class instruction to desired level, on Kiosk (upper right corner)

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- v. Class will automatically come up on the TV within the studio.
- vi. Equipment available for FOD classes is located within the studio and/or fitness room and includes.
 - 1. Yoga mats
 - 2. Yoga blocks
 - 3. Spin bikes
 - 4. Stability balls
 - 5. Resistance bands
 - 6. Foam rollers
 - 7. Steps and risers
 - 8. Dumbbells

b. Audio controls in Studio

- i. Volume control for Fitness On Demand is available on the kiosk.
- ii. AV input option is available for those members wishing to play their own music within the studio. If you plug into the AV input, the Fitness On Demand audio will be disconnected and the audio on the plugged in device will be audible. Volume control of the AV input is available on your device.
- iii. Any misuse of the audio system may result in termination of membership.

11. Total Fitness Aquatics and Total Health Main facility

- a. All new members must join TFA at Total Health
- b. Assessments and Program Designs are still conducted at Total Health
 - i. Conducted in private office
 - ii. Health history
 - iii. Aerobic capacity
 - iv. Muscular and strength endurance
 - v. Flexibility analysis
 - vi. InBody Body composition analysis
 - vii. Each individual will receive a printout compiling his/her bio scan results, which assists in the program design
 - viii. Program design- 1 hour scheduled appointment with Trainer. Instruction on planned work out. Available to schedule program design with certified trainer every 3 months for no additional fee.