

Forgotten Coast Fitness and Wellness Center

Policy 2018.7 (Final Implementation date: 12/3/18)

Subject: Fitness Classes and FCFWC Community Support Initiatives

The Board of Directors may approve Personal Training/Fitness Classes and initiatives which support community health and wellness. Classes and community support are considered a benefit to members and help ensure that the FCFWC best serves community fitness and wellness needs.

Prior to starting a class, agreeing to support an initiative, or marketing, a proposal must be first reviewed by the Board of Directors. Generally, 2-4 weeks is needed for Board review and decision. Board action is normally taken during monthly Board meetings. Board action may be taken via Email when appropriate.

Classes cannot be started and commitments to support community initiatives cannot be given without prior Board approval.

All proposals submitted for board action must include the following information.

- a) Content/topic of the class/initiative
- b) Dates, times, and location
- c) Participant/member fees or costs to the FCFWC
- d) Ages of participants if under 16 years of age
- e) Involved employee, board member, or contractor

A fitness class is defined as:

- a) a class taking place in the aerobics room
- b) a class offered and advertised to the community and all members
- c) open to all members and non-members with appropriate fees charged

The Board of Directors retains the authority to grant exceptions to this policy. Exceptions to this policy may only be granted (at the discretion of the Board) subject to Board approval and on a case-by-case basis.

Oversight and Compliance: FCFWC staffs are required as a condition of employment to comply with and enforce FCFWC policies. Trainers and contractors are required to comply with FCFWC policies and alert clients and class attendees who are in violation. Board members will also provide oversight.