

EXERCISE 2 WELLNESS

Program Guidelines

ADVANCE REGISTRATION REQUIRED!

Please contact Krista Williams at krista@parkpointhealthclub.com or call 707-578-1640 ext 138

What is the Exercise 2 Wellness program?

- The Exercise 2 Wellness program is for persons who have been diagnosed with cancer within the last year. They may be in post-active treatment up to one (1) year or currently in active treatment.
- Participants enrolled in the program will be allowed to use the club during the 8-week series.
- Participants may enroll for a maximum of two (2) 8-week series.
- If you choose to re-enroll in for a second series, you will be placed on a wait list and enrolled if space becomes available. Club access is not available to those on the wait list; you must be active in a series.

How do I join Exercise 2 Wellness?

- Complete the Health History form available on our website at <http://www.parkpointhealthclub.com/santa-rosa/cancer-wellness-program-sr/>
- Or pick up a Health History form at our Front Desk.
- Turn in your completed form via email to krista@parkpointhealthclub.com or mail it to: Krista Williams, 1200 N Dutton Ave, Santa Rosa, CA 95401.
- Applications accepted in order of receipt.

What can I expect on the first day of class?

- Your picture will be taken to identify you as a participant in the program.
- You will be issued a member key tag card, and you will use this card to scan in at the Front Desk when you come to the class and when you visit the club during the 8-week series.
- You will be introduced to our wonderful exercise, yoga, and qigong instructors.
- The program will be explained to you, and you will meet the other participants in the program.

What if I want to continue using the club after my maximum of two 8-week series?

- We would love to have you join us, and we will waive the enrollment fee for all Exercise 2 Wellness participants!
- Just contact our membership department to learn more about the benefits of a Parkpoint Membership!

Thank you for your interest in our Exercise 2 Wellness Program!