



## What do you get as a member?

- Cardio Equipment
- Weight Equipment
- Rent Sports Equipment (Basketball, Volleyball, Pickleball, etc.)
- Mindfulness Space
- Dance Studios
- Gym/Open Court
- Drop In Classes
- Indoor Running/Walking Track
- Men's/Women's Locker Rooms with Showers
- All Gender Restrooms and Locker Rooms
- Access to the Fitness Closet
- Free hygiene and sexual health items

## Drop-In Classes

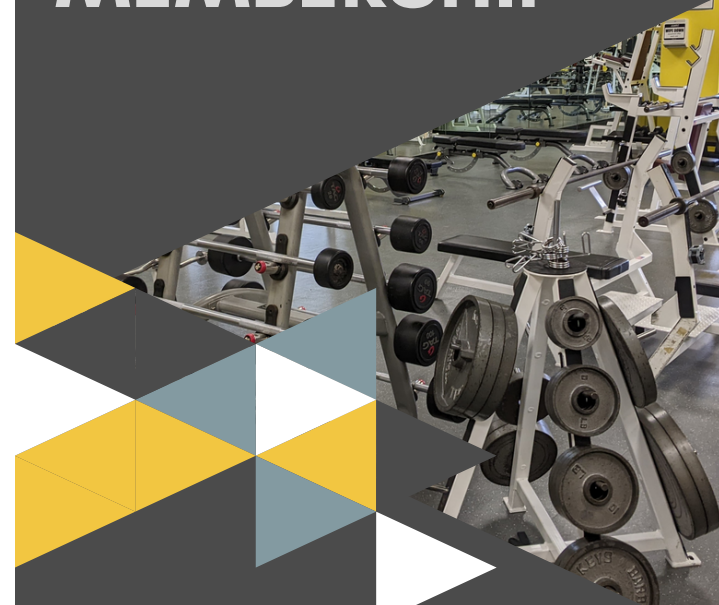
Classes listed below require no registration or additional costs for North Seattle College students and Wellness Center members. Just drop in!

- Restorative Reiki Yoga
- Accessible Chair Yoga
- General Yoga
- Cardio Strength & Conditioning
- Dance
- Weight Lab
- Pilates

## RFWC POLICIES

1. You must present a valid photo ID and your ctLink or member identification number upon entering the Wellness Center or access will be denied.
2. You must have a signed 'Assumption of Risks/Release of Liability and User Agreement' form on file with the College prior to using the facility.
3. You must have a signed copy of this Agreement on file with the College prior to using the facility.
4. Your membership must be current or access will be denied.
5. You are responsible for the provision of your own medical insurance and are not covered by the State of Washington, the Seattle Colleges, North Seattle College or any of its agents or employees for injuries sustained while using the Wellness Center or participating in an activity at the Wellness Center,
6. Individuals under the age of 18 are not allowed to use the facility unless they are a student enrolled in a North Seattle College program or participate in a special event (basketball tournament, sports clinics, etc.).
7. Each member who is less than 18 years of age and uses the facility must have a parent or guardian's signature on the 'Assumption of Risks' form.
8. You must abide by the following locker policies:
  - a. lockers may be rented starting the first day of each quarter & must be cleaned out by the last day of the quarter.
  - b. Issued locks are to remain on the lockers at all time. Any lost/misplaced locks will be assessed a \$5 fee.
  - c. North Seattle College, the Wellness Center and the Wellness Center Staff do not assume responsibility for any lost or stolen items.
  - d. Items may be reclaimed by showing valid photo ID and describing the items.
9. You understand that threatening the staff in any manner, engaging in behavior that poses an immediate threat to the health, safety or welfare of yourself or others, or that poses an immediate threat to substantial disruption of college activities, or engaging in conduct that violates any provision of the Student Conduct Code, WAC 132F-121-110 may result in immediate removal from the facility and referral to the Student Conduct Officer for disciplinary action, which may result in imposition of a disciplinary sanction up to and including dismissal from the college.
10. All members agree to treat the staff and other members with respect.
11. All members agree to treat the equipment and facilities with respect and understand that willful destruction of school property is a violation of the Student Conduct Code that may result in the imposition of disciplinary sanctions, up to and including dismissal from the College.
12. Personal training and other outside services are not allowed, except by Fitness Center Specialists.
13. If an individual refuses to show proper identification and proceeds into the Center, staff are required to call Security & may surrender all rights for use.
14. The Roy Flores Wellness Center is not responsible for any lost or stolen items.
15. Cellular phones and other mobile devices may not be used in photographic or video mode in any locker room or other private area, such as the dance studios or weight room.
16. Professional & personal photography and video recording on the premises is not allowed without prior consent of the Director. You must have consent to photograph any other individual in the Center. No photography or cameras of any kind are allowed in any locker room or other private area, such as the dance studios or weight room.
17. Service animals only.
18. You may not use, possess, or sell any illegal drug on the premises, including, but not limited to anabolic steroids or other growth-enhancing substances. You also may not consume alcohol or smoke, chew, marijuana or use any other tobacco or electronic cigarette products anywhere on the campus premises.
19. Verbal or physical intimidation, harassment, or abuse will result in expulsion from the Roy Flores Wellness Center.

## NSC EMPLOYEE MEMBERSHIP



## ROY FLORES WELLNESS CENTER

North Seattle College  
Holistic health facilities and programming for your mental, physical, and emotional well-being.

## HOURS OF OPERATION

M-Th 8am-8pm SAT-SUN CLOSED

F- 8am -12pm

\*Subject to change

Questions?  
Front desk (206) 934-3631.



# MEMBERSHIP PROCESS

As a North Seattle College Employee, you can pay a Discounted Rate to join the Wellness Center! Just follow the process below!

## 1 Pay for a membership via one of the options below

- Fill out a Payroll Deduction form, by visiting our website or scanning the QR code.
- Visit the Wellness Center front desk and ask for a Department Receipt, pay at the Cashiers office, and bring the receipt back so we can set up your account!



## 2 Turn in all documents to complete the process!

- Department Receipt and the Receipt from the Cashiers office OR Submit the payroll deduction form!
- Sign the liability waiver/user agreement
- Fill out the Membership Form

## 3 Congratulations and thank you for becoming a member!

### COST PER QUARTER

Take a look at our other membership options for employees!

X	MEMBERSHIP TYPE	COST
	EMPLOYEE	\$50
	EMPLOYEE- SPOUSE	\$50
	EMPLOYEE- RETIRED	\$25
	SENIOR COMMUNITY MEMBER	\$50
	SEATTLE CENTRAL OR SOUTH SEATTLE STUDENT	\$25
	CONTINUING EDUCATION STUDENT	\$50
	ALUMNI	\$50
	COMMUNITY MEMBER	\$100
	CORPORATE - 10+	\$75
	GUEST - 1 VISIT	\$8
	GUEST - 5 VISITS	\$35
	GUEST - 10 VISITS	\$60
	LOCKER RENTAL	\$10

Memberships are offered by quarter and do not have a prorated option.

# What do you need to use the Wellness Center?

Once you become a member, all you need is your CTC Link number and a Valid ID!



# How do I use the Wellness Center?

Curious about the process to use the facilities? It's as simple as 1, 2, 3!

### STEP 1:

Check in at the front desk by typing in your CTC link number AND showing a valid ID to the front desk staff.

\*A liability waiver and user agreement will need to be signed on the first visit.

If you are under the age of 18, a parent/guardian must also sign with you.

### STEP 2:

Take a look at the facility and our drop-in class schedule to see what work out activity fits you best! Scan the QR code on the back to see our drop in class schedule!

### STEP 3:

Need equipment? No problem! Head over to the front desk, provide an ID to rent items, select from our wide variety (sports equipment, yoga mats, kettlebells, etc.), and once your done return it to grab your ID!

# CENTER MAP



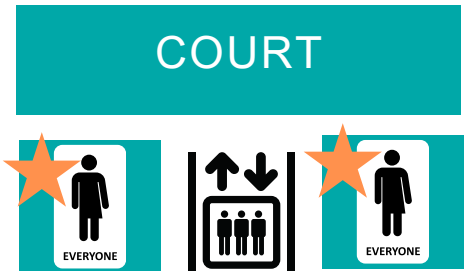
## FLOOR M



## FLOOR 2



★ All-Gender Restrooms



## FLOOR 1

● All-Gender Locker Rooms

