



Carilion Wellness - Downtown Roanoke
16 W. Church Avenue, Roanoke, VA 24011
(540) 581-1111 | Fax (540) 345-1160 | CarilionWellness.com

Welcome to Carilion Wellness!

We're excited to have you as a member and hope you'll enjoy working out here. We are here to help you! Please let us know if you have any questions or concerns, and enjoy your workout. We look forward to getting to know you.

1. Our hours are Monday - Friday, 5:30 a.m. - 7 p.m. and Saturday, 8 a.m. - 2 p.m.
2. Be sure to swipe your key tag each time you visit so you'll get credit for your workout.
3. Our facility offers a variety of equipment, including free weights, assisted weight machines, medicine balls, cardiovascular machines and more.
4. Cardiovascular machines are popular. To ensure that everyone has a chance to use the machines, we have provided sign-up sheets and waiting lists.
5. To sign up to use a machine for a 30-minute block of time, write your name and the time beside the number of the machine before you begin using it.
6. If all of the machines are being used, you can sign up on the waiting list. As machines become available, the first name on the waiting list will take the first available machine.
7. We offer personal training services. Our certified personal trainers can work with you individually, or you may want to work in a small group setting. Our employees can work with you to set up personal training appointments. Prices vary depending on the length of the training session and the number of people participating. Please do not bring outside trainers to Carilion Wellness.
8. Please be respectful of other club members and do not take photographs or video unless it is approved by the facility's manager.

Safety First!

We want to ensure you're safe while you're here, so please follow these guidelines:

1. We have showers and saunas for you to use after your workout. Please do not use them if there is a power outage.
2. While you are working out, we have lockers where you may store your personal items during our open hours. To avoid any risks of leaving your items unattended, you may want to bring a lock with you to secure your personal items.
3. Carilion Wellness welcomes members and guests age 15 and older. For safety reasons, please do not bring children who are younger than 15 to the facility.
4. We want to keep our facility safe, and it is a weapon-free zone. Only law enforcement officers who are legally authorized to carry weapons and entering to perform law enforcement activities may bring weapons into the facility.

This handout is an overview of our facility and policies. You can find more detailed information in the complete handbook at www.carilionwellness.com.
