

Wellness Assessments at the Hamilton Rec Center

<u>Membership Type:</u>	
CMU Student Membership	FREE
CMU Faculty & Staff	FREE
Alumni, Golden Scholar & MavClub Membership	\$40.00
General Public	\$60.00

Wellness Assessments are a free service available to current CMU students and faculty & staff members. For a fee, assessments are also available to Faculty/Staff non-members, Alumni, Family, Golden Scholar and MavClub membership holders. A current membership is required in order to receive the discounted membership rate.

To schedule an appointment, please complete a *Wellness Assessment Request Packet*, which can be obtained and submitted at the rec center front desk. Payment is also due at this time. Cash, Check and Credit Card are acceptable methods of payment. All Services are non-refundable. Please review our 24-hour cancellation policy.

Clients will be contacted within one to three business days after they have submitted their packet to schedule their initial appointment.



We look forward to working with you to help you achieve your health and fitness goals. For additional information, please contact the Manager of Wellness & Fitness at 970-248-1234/email cmuwellness@coloradomesa.edu, or call the rec center front desk at 970-248-1592.

<http://www.coloradomesa.edu/rec-center/wellness/assessments.html>

Campus Recreation – Wellness Service 24-Hour Cancellation Policy

Cancellation & Late Arrival Phone Number: 970-248-1592 (HRC front desk)

Please store this number where it will be convenient for you if you need it.

ABOUT THE 24 HOUR CANCELLATION POLICY:

Clients will not be charged for a cancellation if it is made more than 24 hours in advance of the scheduled appointment time.

REASON FOR THIS POLICY:

Notifying our staff of your intention to cancel or reschedule 24-hours in advance gives us an opportunity to schedule someone else for that time slot. This is important because others may be on a waiting list or may also be looking for an opportunity to reschedule for a different time. As much advance notice as possible is always appreciated. Our part-time wellness staff is here in the building on an appointment basis only!

IF YOU CANCEL YOUR APPOINTMENT WITH LESS THAN 24 HOURS NOTICE, YOU WILL FORFEIT YOUR PRE-PAID APPOINTMENT WITH NO REFUND. Clients who simply do not show up for a scheduled appointment will forfeit their pre-paid appointment spot and no refund will be issued. This cancellation policy is standard and will be strictly enforced. On occasion, there will be understandable reasons for missing appointments, but exceptions to this policy will be rare.

Arriving late *with* notification:

Clients who notify our front desk staff even a few minutes ahead of time by calling the listed phone number will have their appointment spot held and will have the time which remains in that hour. As long as the client arrives within the scheduled hour, they will not be required to forfeit their missed appointment.

Arriving late *without* notification:

HRC Wellness Staff will wait for clients for 15 minutes beyond their scheduled appointment time after which they will assume the client is not showing to the pre-scheduled appointment. In such a case, the client will forfeit their appointment and no refund will be issued.

If you have questions about this cancellation policy, please contact the Manager of Wellness/Fitness at 970-248-1234.

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