

Thank You!

We certainly thank you for your business and hope you enjoy your fitness journey with

Nautilus Fitness Centers.

Please contact us if you have any questions/concerns.

May God Bless You!

*Greg and Lynne
Hewett*



**THE ORIGINAL
HOUSE OF PAIN**
(Co-Ed)
111 Frazier Street
Whiteville, NC 28472

The *Elite*
(Ladies Only)
617 S. Madison St.
Whiteville, NC 28472

The **EXECUTIVE** (Co-Ed)
618 S. Madison St.
Whiteville, NC 28472

nautilusfitnesscenters.com



Facebook

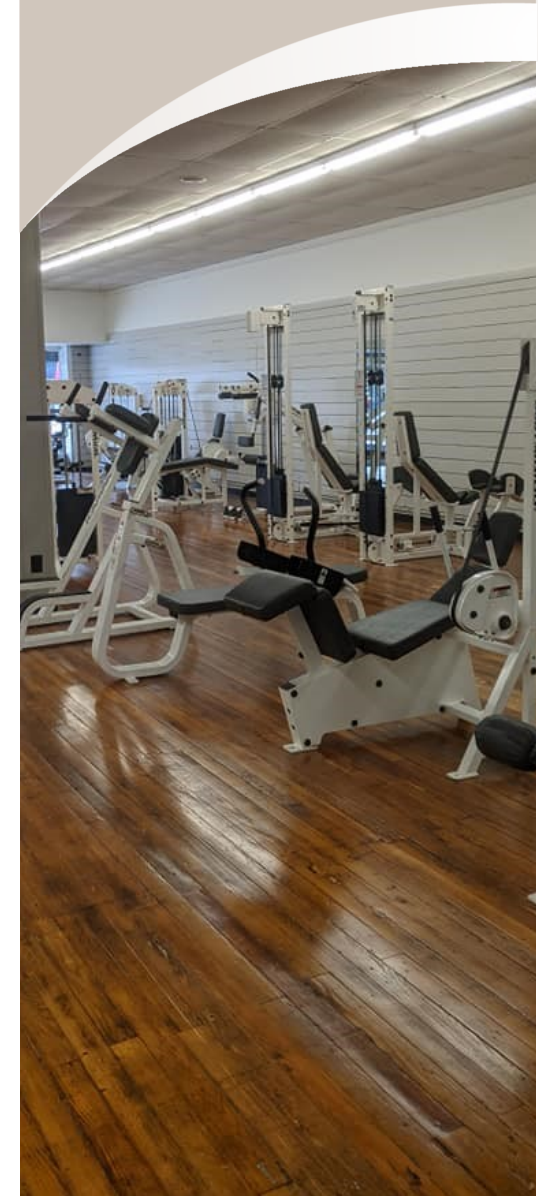
Nautilus Fitness Center Executive

Greg Hewett
(910) 234-5861

Lynne Hewett
(910) 625-7021



**Nautilus Fitness
Centers**
Whiteville, NC





Welcome

Welcome to the *Nautilus Family!*

SIGN-IN:

There is a sign-in sheet at all 3 locations, and we thank you for signing when you come to workout.

GUEST(S):

You may bring a guest with you. Please be certain that they sign-in with you (notating they are your guest).

***NO CHARGE** for their 1st visit!

***\$5 charge** for any additional visits of this guest. Use the envelopes near the DROP-BOX to write your name, your guest name, and the method of payment (cash or you may choose to charge the card you have on file).

VENDING:

Waters, Gatorades, Powerades, V8 Energy Juices, Protein Shakes, Energy Drinks, etc. are available in the visi cooler at the Executive.

***Please place money in the DROPBOX** (envelope not required). You may use envelope to select the option of charging the card on file.

Waters and V8 Juices are available at the Elite.



SHOWERS:

Showers are located upstairs at the Executive. Both Men and Women bathrooms have 2 sinks, 2 bathroom stalls, and 2 showers. Women have a dressing room with makeup mirrors.

LOCKERS:

Lockers are available at all 3 locations.

You may use a locker during any of your visits. If you wish to choose a locker to keep items locked even when you leave, please let Lynne know your locker number. You may provide your own lock, or locks may be purchased at the Executive.

MOTION DETECTORS for Exits:

All exterior doors remain locked at all times. As you exit, the motion detectors should unlock the doors. If the door is locked and you attempt to exit, take a step back for the motion detector to pick up your movement and unlock the door. (A green light will illuminate on the detector above the door.)

WiFi PASSWORDS:

Each location's WiFi Password is posted at the front desk of each facility.



ROKU TVs

All TVs are Roku Smart devices. Any of the remotes work any of the TVs. You may also download the Roku App on your smart device to use the online remote to control the TV. Private Listening is also available through the app (streaming the sound of a designated TV to your earbuds/headset connected to your smart device). This is available when you are connected to our Nautilus WiFi.

KEY FOBs

Replacement key fobs are \$10. Call/text Greg or Lynne to coordinate getting your new key fob.

DO NOT OPEN DOOR:

Do not open the door for persons without a key fob or a non-working key fob. Persons needing entrance access should call Greg/Lynne.

GYM ETIQUETTE:

Always Wipe/Clean equipment after each use. Wipes are available along the walls and in the large buckets.

Re-rack weights after use. (plate weights, dumbbells, etc.)

PERSONAL EARBUDS/HEADSETS should be used for your desired music and volume level.