



sunlighten™

empowering wellness™

Infrared Sauna

Information and Guidelines

Warm up from the inside out!

Enjoy the safe, soothing, and healing experience of our in-house infrared sauna!

Health benefits of infrared therapy include:

- *Detoxification*
- *Pain relief*
- *Weight loss (burn 200-600 calories in 30 min)*
- *Lower blood pressure*
- *Improved circulation*
- *Skin purification*
- *And of course, relaxation!*

Our basswood sauna is suitable for one to three people, and is large enough for one person to stretch out or practice hot yoga inside.

A CD player inside the sauna is also connected to the Acoustic Resonance Therapy system, allowing your music of choice to resonate through the sauna bench.

Our sauna also includes Chromotherapy lights for custom ambiance and therapy.



Policies for Sunlighten™ Sauna at Rockin' Fitness

1. **Users must be current Rockin' Fitness members**, or purchase the necessary day or week passes to utilize the facility during sauna sessions.
2. Users must hold one of the following **forms of payment**: unlimited monthly sauna pass, sauna minute block, single session pass, add-a-friend user fee, gift certificate.
3. Anyone with a history of stroke, heart attack, multiple sclerosis, circulatory system problems, or diabetes must have **physician approval** for sauna use. Sauna is not recommended for anyone who is a) pregnant, or b) has a pacemaker.
4. The use of **drugs or alcohol** prior to or during the sauna session is not permitted for your safety.
5. All users must **wear clothing** at all times in the sauna, a minimum of a bathing suit.
6. Place a **clean towel** on any surface you will sit or lie down on, as well as a towel on the floor of the sauna. Please bring towels for your own use.
7. **Wipe down** interior sauna surfaces with a towel after session is completed.
8. **Hydrate** properly before and after sauna session. A filtered drinking fountain is located just outside the door.
9. Please sign the **register** for each session.
10. Sauna users between the ages of 13 and 17 must have a **supervising adult**. Children under 13 may not use the sauna.
11. **Up to three individuals** may use the sauna at one time. Each user must sign a Waiver and Terms of Service, and provide a form of payment.
12. Sauna sessions are limited to a maximum of **45 minutes**, no exceptions. Each individual is limited to **one session per day**, regardless of session length, no exceptions.
13. Sauna sessions are **first-come first-serve**. Rockin' Fitness will not take reservations for time slots. A list will be posted next to the door to establish a "next in line" order.
14. Rockin' Fitness **staff may enter** sauna room during any session at any time to check on sauna users, for their own safety. Staff will knock before entering but may not be prevented from entering.
15. If you feel **dizzy, lightheaded, nauseated, overheated**, or otherwise unwell, exit sauna immediately and advise Rockin' Fitness staff. In an emergency, call 911.
16. Rockin' Fitness reserves the right to **cease or deny services** to users for reasons including but not limited to breaking any of the above listed terms of service.

User Fees for Sauna:

Our sauna is available for any Rockin' Fitness member. Non-members must possess a day or week gym pass for access to the sauna.

- **Single session, any length from 1 to 20 minutes: \$10**
- **100-minute block: \$40**
- **300-minute block: \$100**
- **Unlimited pass for month-to-month gym member: \$15/month**
- **Unlimited pass for annual gym member: \$10/month**
- **Add-a-friend, any session length \$10**

Notes:

1. Unlimited passholders will have 24-hour access to the sauna. Passholders will be given the keyless door code to enter the sauna room. The code will be changed periodically.
2. Door code may **not** be shared or used to open sauna for others, except your guests using the sauna with you, or unlimited pass access may be suspended.
3. Each unlimited sauna pass is for one member only (i.e. two people with a dual gym membership must each purchase a sauna pass).
4. Sauna users with minute blocks or using single sessions may only use the sauna when gym staff is present. We recommend calling the gym to verify staff and sauna availability.
5. Minute blocks may be shared by multiple users.
6. Gym staff will review security footage periodically to ensure fair use of the sauna by all members.

If you have other questions or would like a quick trial of the sauna, contact Rockin' Fitness at (701) 947-2830 or nrfitness@gondtc.com!