



## **FITNESS CENTER RULES AND POLICIES**

- In order to maintain a safe and comfortable environment for all members, we reserve the right to cancel the membership of anyone who has acted inappropriately or has not complied with the fitness center's rules and regulations or directions from management.
- Drugs or the sale of any recreational or enhancements drugs or supplements are prohibited.
- Fitness Center hours: Monday through Friday 5:30am-9:30pm; Saturday 7:00am-4:00pm; Sunday 7:00am-Noon. All exercise areas close 15 minutes before the club closes. All members must be out of the locker room areas before closing. Holiday hours will be posted in advance at the reception desk.
- No food permitted in the fitness center. Water and sports drinks are permitted.
- Tobacco is not permitted.
- Please allow other members to work in with you when you are doing multiple sets on a single piece of equipment.
- Dress Code
  - Open toe shoes are not allowed in the health club
  - Tank tops are to cover the entire chest and abdomen
  - T-shirts or clothing with offensive language may not be worn
- Lockers-Lockers are available for members while they are using the fitness center. Personal belongings may not be left in the lockers overnight. Locks will be cut and the belongings will be removed at the end of each business day. Members will be responsible for bringing their own locks.
- Membership Credentials-Each member will be given a membership card. Members must sign in and present their card at the reservation desk every time they enter the club. Membership cards may not be given to or used by any other person. Misrepresentation or misuse will result in cancellation of the membership.
- Solicitation-Members may not circulate any subscription list or place any advertisement or exhibit any article for sale in the fitness center. Announcements or posters may not be circulated or placed anywhere in the club without the consent of management. Any individuals handing out business cards or soliciting their services to club members that directly pertain to personal training will lose their membership or be asked to leave.

### **Rules that Apply to Membership Rates**

- (\_\_\_\_\_) Initial) If a member chooses to discontinue their membership, they will not be given credit for the remainder of their membership.
- Initiation fees and yearly rates are a one-time charge, paid in full when joining.
- Monthly rates will be automatically deducted from either the member's checking account or credit card on the 1<sup>st</sup> of every month until they terminate their membership.
- Members must be at least 13 years of age with parental supervision to join. No exceptions. No one under the age of 13 will be permitted in the health club unless they have an appointment with a physical therapist, personal trainer or sports enhancement coach.
- Teen add-ons are specially discounted memberships for the children (13-18 v/o) of our already existing members. Proper identification and proof of residence must be provided if needed.
- Individuals over the age of 18, who no longer reside with their parents, must purchase their own health club membership separate from their parents.
- Members are charged a separate Teen add-on rate for each child they wish to enroll for membership. For example, if a member had two children under the age of 18, they would pay for two family add-ons.
- The club reserves the right to change the amount of the initiation fee, dues, and charges.