



## **CLUB POLICIES & GUIDELINES**

- **MEMBERS & APPROVED GUESTS** acknowledge that you are physically able to engage in activity, programs, or training provided and agree that all exercises, participation and use of this facility are undertaken at your sole risk. Any member wishing to have a guest accompany them to the gym **MUST** check in with staff upon arrival, and will **NOT** bring guests outside of staffed hours without **PRIOR** written approval. Members **WILL NOT** grant access to any persons not on their account. You also agree to follow all policies posted or given by club staff, accept full responsibility for all personal belongings, members / guests will not make derogatory remarks involving any other member or club staff. Violation or disregard to any policies or directive by staff will not be permitted and may result in the removal from the facility /or restriction of access, **NO REFUNDS WILL BE GIVEN.**

### **PROPER CLOTHING & HYGIENE**

- Appropriate athletic shoes only. No street shoes, boots, or sandals are allowed in workout areas.
- Shorts, sweat pants, T-shirts, tank-tops, & spandex accessories to be deemed appropriate by management.
- Clean workout clothing is required. Any unsatisfactory hygiene condition will be addressed by management and corrective action may be required.
- All other clothing and shoes must be kept in cubbies. Please keep all valuables at home, we are not responsible for any lost or stolen items.
- Avoid the use of heavy perfume or cologne.

### **EQUIPMENT & WEIGHT AREA**

- Keys are only to be used by the assigned member during their membership; if a key is lost or stolen member will pay additional fees for replacement cost.
- Please be courteous at all times.
- Allow others to work in during your rest periods.
- Keep hands and feet away from all moving parts and weight stacks.
- **DO NOT** attempt to repair or adjust any equipment that has malfunctioned, and report any equipment problems immediately to staff.
- Wipe off equipment and benches after use.
- If you are unfamiliar with the use of any equipment, please ask a staff member for assistance.
- Children ages 13 to 18 must be accompanied by an adult and are otherwise not allowed in the weight room area.
- Rack all weights after each use.
- If dumbbells appear loose or cracked, report the item to the staff immediately.
- Always use a spotter when attempting maximum weight.
- Collars and clips are to be used for "free bar" lifting.

### **FOOD / DRINK**

- Only sealable containers / sport bottles are permitted on the gym floor – **NO GLASS.**
- Consume all food items, shakes, and supplement drinks before entering the workout area.

### **CLUB DECREE**

We are here to help you reach your fitness goals and provide you with a safe workout environment. Please let us know if you have any questions or recommendations on how we can best serve your needs.