



# Member Policy Guide

Revision: 01/01/2019

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Our Member Policy Guide has been created to make it easy for you to find answers to questions you have about your Energy Fitness membership. This guide outlines general club policies that have been established to ensure your comfort, safety and enjoyment of our facility. Please take a few moments to familiarize yourself with the contents of the Member Policy Guide. Knowing and observing club rules and policies will help ensure that every visit to the club is enjoyable.

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## CLUB HOURS

Regular staffed hours of operation are as follows. We appreciate your cooperation in planning your workout and shower time so that you are prepared to leave the club promptly at closing time. Occasionally, club hours will vary to accommodate inclement weather, holidays or other special occasions. We will post any schedule changes at least one week in advance if possible, so that you can modify your workout schedule.

\*We have 24 Hour Club services available as of 1/1/2017; please see front desk staff for more information.

### Regular Staffed Hours of Operation:

Monday – Friday: 5:00am – 9:00pm  
Saturday: 7:00am – 5:00pm  
Sunday: 10:00am – 5:00pm

## PHYSICAL ACTIVITY READINESS

Please answer the following pre-activity screening before you use the club, and annually thereafter. Also, please complete our free Fit Evaluation & Orientation with a Personal Trainer before starting an exercise program. If any of the following factors apply to you now or in the future, consult your physician before increasing your physical activity level or proceeding with a fitness evaluation/test or training program: heart disease, numbness in the shoulders or arms, fainting/dizzy spells, high or low blood pressure, high cholesterol, bone and/or joint pain, unaccustomed to regular exercise, on medication, recent illness, diabetes, epilepsy/seizures, recent surgery, under/overweight, chest pains, pregnant, smoker, male over 45 years of age or female over 55 years of age. While the Club endeavors to create a safe and healthy environment for all members, it does not retain physicians on staff. Therefore, it is up to each member to monitor their own activities and understand their limits.

Please visit our website at [www.energyfitnesspaducah.com](http://www.energyfitnesspaducah.com) for current club information and contact information.

## **MOBILE CELLULAR USAGE**

Responsible cell phone use and courtesy are expected of every member and guest in our club. Energy Fitness will not tolerate any conduct that harasses or is bothersome to members, guests or employees. Cell phone conversations must be limited to the lobby area or outside only. Cell phones are fine for texting, emailing and listening to music with a headset, but not for talking in the main areas. Photos are prohibited on the property without prior management authorization. Be courteous at all times & report inappropriate cell phone usage to an Energy Fitness Team Member.

## **ATTIRE & FOOTWEAR**

At Energy Fitness, we strive to create an environment that is family friendly, comfortable and safe for all. Please use your best judgment in your choices of attire for all areas of the club, and consider safety and performance issues in your choices of athletic gear and footwear for sports participation. Here are our basic attire and footwear standards:

- Shirts and shoes are required at all times in all areas except the locker rooms & Kids Energy Zone.
- Always wear closed-toe athletic shoes in the workout areas and when participating in any sport or group fitness classes. If participating in group fitness classes such as yoga or Pilates, which can be performed barefoot, wear shoes to and from the studio.
- Exercise attire should **not** be overly revealing (no half/bra tops, cutoffs, etc...) and fabrics or accessories should not cause damage to the upholstery on fitness equipment.

## **CLUB FRONT DESK**

The Front Desk is the "hub" of Energy Fitness. Front Desk personnel are there for your convenience--whatever assistance or information you need, they can help or point you in the right direction.

- Please check in with the Front Desk staff and present your membership card each time you enter the club. For everyone's safety, we cannot admit anyone into the club without proper identification. Age appropriate guidelines will be followed strictly by all staff members. Visitors not utilizing the club may wait in the front lobby if not a minor, **minors may not be left unattended at any time.**
- **Membership cards are not transferable and may not be loaned or used by anyone else.**
- If you lose your membership card, we will gladly replace it for a nominal fee.
- For your convenience, many club transactions such as guest registrations, guest fees and payments on account may be processed at the Club Front Desk.

## **GUESTS**

Energy Fitness welcomes guests and encourages you to share the experience of the club with your friends, family and co-workers. To ensure club members enjoy optimum use of the club and to protect the value of your membership, the following Guest Policies apply:

- Members ages 18 and older may bring guests to Energy Fitness during staffed hours.
- Members ages under 18 must have a Physical Activity Waiver completed by Parent/Guardian on file.
- Your guest must sign in at the Front Desk upon entering, and complete the Guest Liability Register in its entirety for security and liability purposes. Access to the facility will be denied without compliance. Photo ID is required, must be over age 18.
- Members may bring a Guest for a reduced rate; Non-members may also pay a Guest fee. Call for Rates.
- Please accompany your guest in the club at all times, and take responsibility for your guest's conduct.
- Guests will follow the same club rules, policies and etiquette guidelines applicable to members.
- Day use lockers are available for guests, please bring your own lock & remove upon leaving club.
- Expelled or suspended members may not visit the club as a guest.
- Extended guest passes or short term memberships may be purchased in lieu of a Day Guest Pass.

## **AGE POLICIES**

**WHEN KIDS ENERGY ZONES ARE CLOSED, MINORS MAY NOT BE LEFT UNATTENDED AT ANY TIME.**

Energy Zone Payment Options: Drop In Rate, 20 Visit Package or Continual options are available to members. Members must pay for the Zones at the Front Desk and check your child/junior into the Zone area with Paid Receipt or Continual Card. Your child/junior (not on an EF family membership) may go to an appropriate area desired a maximum of 2 hours per day. We recommend an hour limit for Children 2 & Under. **Parents must stay on-site at all times.**

## **CHILDREN & JUNIORS**

Ages 7 & Under: Kids Activity Zone Supervision Required. The basketball court may **NOT** be utilized by this age group with or without a parent. Children in this age group must be with a Personal Trainer to utilize the gymnasium area. We recommend a maximum of one hour in the Kids Zone for children Ages 2 & Under.

Ages 8 to 12: Eneractive Game Zone Supervision Required. The basketball court may be utilized by this age group if playing basketball only **WITH** a parent or guardian if the court is open. Equipment in the gymnasium may **NOT** be utilized by this age group unless they are with an Energy Fitness Personal Trainer. Juniors ages 11-12 years are required to check into the Eneractive Zone but may utilize the basketball court for basketball only, **unsupervised**, if a Physical Activity Waiver is on file & court is available. This age group may purchase personal training and be on the main floor with a Personal Trainer.

Ages 13 to 15: Use of workout areas allowed with Parent or Guardian **under Direct Supervision on floor at all times** (unsupervised Basketball Court for basketball only is permitted). Juniors must be an Active Member on a Family Membership to utilize activities on the floor. Mandatory personal training orientation (one-time \$20 fee) is required for ages 12-13 years old to assess physical abilities on the floor.

Ages 16 to 17: Juniors this age must maintain an Active membership unless a Guest Fee is paid and a Physical Activity Waiver is on file. The Orientation process must be completed before being allowed on the floor.

Dependent: Juniors may be on a Couple or Family membership through the age of 18, provided they reside at the same address. Upon their 19th birthday, dependent children may "roll over" into an individual membership, without incurring an initiation fee but must do so within 30 days of their 19th birthday.

**Parent Responsibilities: All parents must take responsibility for following the club's policies for children and juniors, and for accompanying or directly supervising children where and when the club requires. Direct supervision means that you are participating side by side with your child in the selected activity or you are watching them from a close distance, and ensuring that your child is performing the activity in a safe, non-disruptive manner.**

## **CHILDREN**

Energy Fitness is proud to offer two children's areas for ages 6wks to 13.

**The Kids Zone** is for children (ages 6wks to 7) of our members and guests. Kids Zone offers children a variety of activities including arts, games, toys, PS2 games, specialty play areas and more.

**The Tween Zone** is for children (ages 8 to 13) of our members and guests. We offer Dance Dance Revolution, Wii & Xbox game stations and more.

**KIDS ENERGY ZONES MAY NOT BE UTILIZED WITHOUT STAFF SUPERVISION DURING ADVERTISED HOURS.**

## **ENERGY ZONE GUIDELINES**

- The Energy Zones strive to be a PEANUT FREE zone for the safety of our children, therefore we suggest peanut free snacks be provided. Energy Fitness will not be held responsible for the occurrence of food related allergic conditions or for the elimination of peanuts within the facility.
- The maximum length of time permitted per stay by any child in the Kids Energy Zone is up to two continuous hours per day, however, we suggest children two and under not stay beyond one hour per day.
- Service is available for Employee and Member children. Please be sure to follow the time and pricing policies if your children are utilizing the Kids Energy Zones.
- Prior to a child's first visit, we ask you to complete an Activity Waiver, which will be kept on file in the Kids Energy Zone for use in the event of an emergency.
- Only parents or authorized adults (photo ID required) may check children in and out of the Kids Energy Zone, and escort them at all times within the club.
- For the health and wellbeing of all children, those who are sick cannot participate in Kids Energy Zone. If your child becomes sick or shows signs of illness while visiting, you will be notified to pick up your child.
- Please ensure that diapered children are dry and clean before bringing them to Kids Energy Zone. You are welcome to use our diaper changing station if needed. If notified by staff that your child needs a diaper change, please attend to it immediately. Energy Zone staff is not allowed to change a diaper.
- Please place your personal items in a cubby. Children's belongings must be labeled. We recommend that children not bring items of value to the club. Staff is not allowed to give your child a bottle, we are not a daycare.
- Children must follow the direction and instruction of the staff. Behavioral problems, such as biting or fighting, or other incidents that require discipline and compromise the safety of other children may result in suspension of childcare privileges for a defined period. Appropriate action will be determined on a case-by-case basis.

## **MAIN WORKOUT AREAS**

Constantly growing to meet the changing needs of today's health and fitness-conscious member, Energy Fitness features workout areas with the most diverse and latest fitness equipment in the industry including a wide variety of equipment for cardiovascular, strength, and flexibility training. We offer a great selection of wellness

programs and services, led by educated, certified instructors and trainers. For the safety and comfort of all members, we've put together the following fitness policies and etiquette guidelines:

- Team members are available at all times, so if you have any questions, please ask. If you're unfamiliar with any piece of equipment, they'll be glad to show you how to use it properly and safely.
- Please comply with any request made or instruction provided by a Personal Trainer or other Team Member.
- All new members are encouraged to complete a New Member Orientation.
- Beverages in plastic, non-spill containers are permitted on the floor; food items are not allowed on the floor.
- Please use a locker in the locker room to store your personal items, do not bring them in the workout areas.
- The cardio equipment areas are equipped with televisions. Please bring your own headphones if you'd like to listen to TV while working out on the cardio equipment.
- Please adhere to a 30-minute time limit on cardio equipment if others are waiting.
- When doing more than one set on equipment, allow waiting members to work on through. Do not monopolize a piece of equipment, no exceptions.
- The club provides assorted magazines and newspapers for those interested in reading while working out on the cardio equipment. Please return reading materials to the magazine racks after use.
- Return all cardio equipment to zero speed and elevation (where applicable) after use. Never exit a treadmill with the belt still moving or step onto a treadmill with a moving belt.
- Perform weight lifting exercises safely and under control at all times. **Please do not drop or slam weights.**
- Sanitizing wipes or Wipe stations are provided; please wipe off each piece of equipment after use.
- Please return all dumbbells, weight plates, and handles to racks after use, NO EXCEPTIONS. **Leaving machines loaded with plates and not returning dumbbells to racks is a serious safety issue and will not be tolerated. Members will be asked to unload machines, replace weights and follow the rules.**
- NO CHALK allowed on premises.
- No equipment (i.e., dumbbells, heavy balls, stretching mats, etc.) in the "Abdominal" area may be taken to other parts of the club.
- Cell phones must be placed on mute or vibrate mode when used in the Club. Cell phones may be used for text messaging, checking emails or listening to music with head phones. **They may NOT be used for placing or taking calls, taking pictures or recording video, unless approved by management.**

## GROUP FITNESS STUDIOS

Energy Fitness is proud to maintain a highly experienced, talented, and professional team of Group Fitness Instructors. Our Group Fitness schedule features a wide variety of classes daily, offering something for all fitness levels and interests. The following guidelines are in place to ensure the safest and best possible Group Fitness experience for everyone.

- Please do not bring personal belongings, except a towel and a plastic, non-spill water bottle, into the studios.
- All studio equipment must stay in the studio or storage area. Body bars, tubing, weights and so on may not be taken to other areas of the club.
- Specific instructors are assigned to each class. However, should illness or emergencies arise, another certified instructor will substitute.
- For classes with sign-up requirements, you may sign in only for yourself.
- Please wait for a class in progress to officially end before entering the studio for the next class.
- When you arrive for class, you may set up your equipment (step, mat, etc.) but not save a space or set up for another participant. Class start times are at the discretion of the instructor, set up will follow instructor's lead.
- Please be prompt for class. If you are late, please do not interrupt the flow of the class.
- Please follow the instructor's direction and the class format, with allowances for modifications due to physical limitations or fitness levels.
- As a courtesy to the instructor and fellow participants, please do not carry on long or loud conversations during class; **cell phones are NOT permitted in group fitness studios.**
- If you are just beginning an exercise program or have any medical concerns, please inform the instructor prior to class.
- The studio is a group programming area, and is open only during scheduled class times, unless preapproved by management.
- Classes may be canceled or rescheduled due to low participation.
- Participants must be at least 16 years of age to attend Group Fitness classes or may attend with a Parent or Guardian over 18 at age 12-15.

## GYMNASIUM

Energy Fitness features a full court gymnasium. Besides open play, court space is also programmed with selected fitness classes, bootcamps, boxing programs and various other special activities. For the benefit of all gym users,

please abide by the guidelines. Energy Fitness provides basketballs to use while at the club, check in/out at front desk area, you are responsible for damaged equipment.

- Water in a plastic, non-spill container is permitted in the gym; please no food, gum or other drinks.
- Unsportsmanlike conduct, including foul language, is prohibited and is cause for expulsion from the club.
- Do not hang on the basketball rims.
- Throwing or kicking balls against walls or ceiling causes damage to the facility and equipment, please refrain from it.
- Pick-up play is allowed, all bystanders must be allowed in/out of the game.
- Evening drop-in games are to 15 points or 15 minutes, whichever is first, if others are waiting.
- The posted Gym Schedule must be followed. The gym is a multi-purpose area hosting many sports and activities which must share gym time.
- Energy Fitness reserves the right to schedule programming (leagues, tournaments, camps, etc.) or private rentals in the gym, therefore, open gym will not be available at all times on all days. Energy Fitness reserves the right to utilize the gymnasium and other class areas within the club for private or fee based classes & programs.
- Participants in scheduled activities may not setup for class prior to 15 minutes before it starts, if the space is not being utilized for other programs and services.

### SMOOTHIE BAR

Services include coffee, soft drinks, protein bars, a variety of ready to drink items and City Blends Smoothies. Members may choose to run a credit balance in order to pay for POS items.

### LOCKER ROOMS

Energy Fitness men's and women's locker rooms may be supplied with shampoo, liquid soaps and hair dryers for your convenience. Complimentary shower towels may be checked out at the front desk. Please keep the following policies in mind when utilizing the locker room areas:

- Personal belongings should be kept in "day lockers" and personally secured at all times. Energy Fitness is not responsible for LOST, STOLEN or DAMAGED items on club property. Personal locks may be used temporarily but must be removed by end of day unless Continual Locker Service has been purchased. A nameplate will differentiate day locker use from rental use. We reserve the right to remove locks from "day use" lockers at end of day.
- Please be neat; close locker doors and bring all towels to front desk bins when leaving locker rooms.
- When you have children with you, please closely supervise them and ensure behavior that is respectful of other locker room users. Children 3 & over must use appropriate locker rooms.
- Be considerate of others waiting when using the showers, restroom stalls or hair dryers. Do not use showers or restroom stalls as changing booths.
- If shaving in the shower, please carefully dispose of your used razor.
- Locker room amenities are provided for your use while at the club. No amenities or containers may be removed from the locker rooms.
- Water in a plastic, non-spill container is permitted in the locker room; please no food or other drinks.
- Use caution when walking on tile surfaces as floors may be slippery when wet.
- **Any use of cell phones and electronic devices with photography or video recording capability is NOT permitted in the locker rooms and restrooms – no exceptions.**

### STEAM ROOM, SAUNAS

Please keep the following safety and courtesy guidelines in mind when enjoying these facilities:

- **Locker Room Attendants are Not on Duty**; persons using the steam room or sauna do so at their own risk.
- Due to high temperatures and/or humidity, the steam room and sauna can be dangerous to your health. Staying too long in a heated area is capable of causing overheating, unconsciousness and death. It is recommended that you consult your physician before use.
- Prolonged exposure is capable of inducing hyperthermia. Because there is no locker room attendant on duty, you must monitor your own time and exit immediately if you experience any of the signs of hyperthermia, including an increase in internal body temperature, dizziness, lethargy, drowsiness and fainting.
- Do not use if you are pregnant or have high/low blood pressure, heart disease, kidney disease, respiratory or circulatory problems, and/or other medical conditions that might be adversely affected by high heat and/or humidity.
- Do not use if under the care of a physician, if on medication or under the influence of alcohol.
- Persons with skin infections or open wounds may not enter the steam room or sauna.
- The steam room and sauna are open to members and guests ages 13 and above (under 18 with adult).
- Recommended use is three to five minutes. Limit use to maximum 10 minutes. Please monitor your own time.
- Wait at least 10 minutes after exercising before entering steam room or sauna.
- Please shower before use.
- **Please sit on a towel when using the steam room or sauna AND use a towel when in locker rooms.**
- Please do not use steam room or sauna for changing /drying clothes or sink for rinsing out personal items.

- Please do not use steam room or sauna for exercising or stretching.
- The following are not permitted in steam room or sauna areas: shaving, eating and drinking, street/workout clothes and shoes, oils or fragrances (including eucalyptus) and other body or facial treatment products.
- Lights are to remain on while in use. Please pick up paper cups, newspapers and towels after use.
- Please do not place combustible materials on the sauna heater at any time.
- Please do not pour water on sauna rocks or heating elements, it is a DRY sauna.
- Use caution when walking in locker room area as floor may be slippery when wet.

## **GIFT CARDS**

Energy Fitness gift cards make great gifts for birthdays, anniversaries, and special holidays like Christmas, Valentine's Day, Mother's Day, and Father's Day. You can give the gift of health, fitness and fun with a gift card for just about any program or service Energy Fitness offers. Ideas include: private training, small group training, nutrition counseling, pro shop merchandise, member credit balances and club memberships. Gift Cards may be purchased at the Front Desk.

## **GENERAL CLUB POLICIES**

Our Club Policies have been established for the benefit of all members and guests. The rules contained herein are NOT ALL INCLUSIVE. We reserve the right to add, amend, or delete the rules at any time. Additional rules may be posted in the club or on printed notices.

- For the health and wellbeing of our members, Energy Fitness observes a no smoking policy. Smoking is not permitted in the club or on Energy Fitness property.
- We do not allow solicitation of any kind (i.e., charitable, religious, political, business) toward any club member, guest or associate on Energy Fitness property. Outside materials may not be posted or distributed in the club or on the premises, unless authorized by management.
- We employ a team of trained experts to provide our members with safe health and fitness training. Therefore, instruction or training by unauthorized personnel is prohibited. Your club membership or employment status will be revoked if you solicit Energy Fitness members for monetary reasons.
- All members and staff are entitled to a respectful and courteous environment — loud, offensive, abusive, profane or bothersome behavior will result in expulsion from the club.
- Please do not spit or leave gum in the water fountains.
- This is your club and your assistance in identifying destructive behavior is greatly appreciated. Vandalism or mistreatment of club property is costly and will not be tolerated. Violators will be financially responsible and/or membership revoked immediately. As a member, YOU are responsible in helping identify those who abuse club equipment and property.
- The use, exchange or sale of anabolic steroids is strictly prohibited on the premises. Use of steroids to increase strength or growth can cause serious health problems. Steroids can cause heart disease, stroke, and damaged liver function. These health hazards are in addition to the civil and criminal penalties for unauthorized sale, use, or exchange of anabolic steroids.
- Members are reminded to keep your belongings safe. Energy Fitness is not responsible for the loss of or damage to personal property brought into the club or onto club property.
- Towels are provided for your use while in the club. Please deposit used towels in the provided bins and do not remove them from club premises.
- We maintain a Lost and Found system. If you have misplaced an item please inquire at the Front Desk. Also, if you find a misplaced item please give it to an Energy Fitness team member. We take pride in reuniting lost items with their owners. All found items will be held for a minimum of 14 days. Unclaimed items will be donated.
- Any member failing to abide by club policies may be subject to membership suspension or termination. Energy Fitness staff has the final decision regarding any problems or disputes.
- Club Management reserves the right to revise policies and fees as deemed appropriate.
- Club Management reserves the right to suspend or terminate the membership or membership privileges of any member or guest for any conduct that is contrary to the Club's best interest and/or presents a conflict of interest.
- No alcohol or tobacco on Energy Fitness properties, including electronic cigarettes & dips, no exceptions.

## **MEMBERSHIP ACCOUNT POLICIES**

Purchasing a membership at Energy Fitness grants you the right to use and enjoy our facilities in accordance with the club's policies. Membership does not grant or carry with it any interest in the property or assets of the club, and does not give any right to members to participate in the management of the club, financially or otherwise.

- Your monthly dues are set by Energy Fitness management, and may be adjusted on an annual basis. Your obligation to pay dues is not dependent on the availability of all the club's facilities or your frequency of use. Tournaments, repairs, maintenance of some facilities, and/or other occurrences may make it necessary for Energy Fitness to restrict the use of one or more of the facilities or to close the club temporarily. Energy Fitness will not reduce or suspend dues during times when facilities are not available.

- If any of your personal information (i.e., address, phone number, checking or credit card account) changes during the course of your membership, please report this change to the club.
- Changes to membership account must be completed at the club BEFORE the 20th day of any month to be effective the first of the following month. Your account must be current. **It is the responsibility of the account owner to provide new billing in a timely manner.** A service fee of \$20 for all EFT returns will be charged.
- Energy Fitness accepts the following forms of payment: Cash, Check, MasterCard, Visa, American Express, and Discover.
- Energy Fitness reserves the right to implement an annual Club Enhancement Fee at any time; notice will be given to members prior to implementation.
- Up to one time per year, you may request to put your membership on freeze status, for up to three months, should a medical condition keep you from use of the club facilities. The request must be submitted in writing and a doctor's excuse provided by the 20th of any month to be effective the first of the following month; approval is at the sole discretion of Energy Fitness management. A monthly inactive fee may be charged, and any account balance must be paid in full prior to going on inactive status. Months are not pro-rated. Member will remain responsible for completing a minimum of 12 months total before a cancellation will be accepted.
- **You may resign from membership by completing an official Membership Cancellation Request Form, which may be obtained from the front desk, or by delivering a signed and dated written notice of resignation to the Club. These are the only accepted verifications of your intent to voluntarily cancel. Notification by telephone is not permitted or acceptable. If you submit your resignation request after the first day of the month, it will become effective on the last day of the following month. Your membership account must be paid in full in order to cancel with a minimum of 12 month membership completed previously, unless on a different membership type previously offered.**
- Energy Fitness reserves the right to suspend or terminate the membership or privileges of any member for failure to comply with club rules and regulations, for any conduct we determine to be improper or contrary to our best interests, or for nonpayment of dues or other charges for a period greater than 30 days. Suspended or terminated members remain liable for all dues or other indebtedness incurred prior to and during the suspension or termination, and are not entitled to a refund of any fees, dues or charges paid.

## WEATHER PROCEDURES

During inclement weather conditions, Energy Fitness protocol will be to follow the Paducah City School Closing Schedule, resulting in the cancellation of Group Fitness classes and Childcare services for the morning hours only. Weather conditions will be monitored for determination of other services offered throughout the day. Energy Fitness may also amend normal business hours if conditions are severe. Please visit our website at [www.energyfitnesspaducah.com](http://www.energyfitnesspaducah.com), our facebook page at facebook.com/energyfitnesspaducah, and our instagram account for updates. We will also post updates on the Energy Fitness LED and if club is open, we will absolutely update as you call in.

## EMERGENCY PROCEDURES

- If you witness an emergency or accident, please advise a staff member immediately.
- Should a member or guest become injured while at Energy Fitness, club staff is not permitted to provide transport off club property, however, we reserves the right to call emergency rescue services.
- In the event of a facility-wide emergency (i.e., fire, bomb threat, tornado, earthquake, etc.), we ask that members follow the direction of club staff and evacuate the building immediately, **following the posted evacuation routes**, if asked to do so.
- First aid kits are located at the Front Desk area. Facilities are equipped with an AED unit.

## 24 HOUR & OTHER MISCELLANEOUS SERVICES

- Members that have an active member number and are in good standing will be granted 24 hour access. Any closed days due to maintenance, workshops, club functions, inclement weather or such, will be posted accordingly.
- Staff will be present for business operations and guest visits during designated times that will be posted at the club and are subject to change from time to time, according to such posting. Some areas of the club may be closed to members outside of posted business hours. Attempting to utilize locked areas without staff permission will result in termination of membership. The Club may not offer staffed hours on Sundays, holidays and other posted days throughout the year, depending on seasonal activity.
- All members upon entering the club are required to check in at the main counter during staffed hours. Your membership must be current to access the club. If you attempt to share your 24-hour membership card with anyone, your membership will be terminated immediately. Your member number will be invalid when membership expires, membership is past due or membership is deactivated by club manager for any reason.

- Panic buttons are provided in the 24 hour access areas and are to be worn or carried with you at all times during non-staffed hours on the premises. Press Panic Button for emergency situations only and to notify emergency personnel.
- Guests are NOT permitted at any time during unstaffed hours. Any member who brings a guest in during unstaffed hours will be subject to termination of membership with all balances due in full. Guests must be 18 years & older or a parent/guardian must complete a Physical Activity Waiver for under 18, no exceptions. Any member 13-16 years of age must be with a parent/guardian at all times. **Absolutely no children or juniors under the age of 12 will be permitted on the club floor at any time, unless with a personal trainer.**
- There shall be no right of abatement of the running of the specified term of membership for any reason whatsoever. Failure to attend and use club will not relieve members of any liability for payments and amounts due. Should the club or all of the services become no longer available at the location at which member enrolls due to any reason including, but no limited to, fire, condemnation, loss of lease, act of God, catastrophe, sale, relocation or for any other reason, the club will have the right, at its option, to extend member's membership for a period of time of such unavailability, or, at the club's option, member may be transferred to another "similar health club facility" within the same metropolitan area. In connection therewith, member agrees that the club's entire premises may be closed or the club's location may be changed, moved or eliminated for any reason, and member agrees to accept the Club's decision as final. If location is closed permanently, the Club will make every reasonable attempt to provide members with another "similar health Club facility" within the same metropolitan area or shall pay refunds to its members.
- Member agrees to be subject to the control and guidance of the Club staff and or Club Policies & Guidelines, while on the premises and will follow instructions of club personnel. Member agrees to conduct personal behavior in a quiet, well-mannered fashion while on the premises and reserve all criticism of any major kind about other Club members, guests, or Club personnel until in a private office with the Club Manager. Member agrees to obey all rules and conditions of membership contained in this Agreement or as they may change the future as adopted and/or published by the Club in the Club's sole discretion, and Club reserves the right to revoke or terminate the membership if the member fails to keep and obey any of such rules and conditions.
- Member agrees to pay an extra charge for damage arising from any careless use of equipment, or dropping the weights, etc. caused by member.
- The Club, the corporation owning the Club, and the agents and employees of both shall not be responsible for damaged, lost or stolen articles of clothing or any other property of any member.
- Smoking or tobacco products of any kind, including all vape products such as e-cigarettes & jewel pens are not allowed on the property.
- No food, alcoholic beverages or non-prescription drugs, including anabolic steroids, are allowed on the premises of the Club.
- Weight plates must be put back on the weight racks after each use. Please DO NOT lean the weight plates against the equipment or wall or lay them on the floor. Do not drop dumbbells. If member is witnessed leaving unsafe amounts of weight on machines, floor or against the wall, the member may be asked to leave and membership be suspended or terminated.
- No chalk or baby powder is permitted in the workout area.
- Absolutely no overnight loitering on the property, the club is strictly limited to normal gym use.