



Membership Policies and Procedures

Congratulations on your commitment to a healthier lifestyle. We would like to take this opportunity to emphasize specific policies and procedures to insure the integrity of your membership.

Membership ID is required for entry into The Club facility. Please scan your club membership card when you enter the facility. All guests are required to pay a \$10.00 guest fee, complete the guest register, and comply with all guest policies. Guests are limited to 3 visits per year. Guests are only allowed during hours in which The Club is staffed. If a member brings a guest during non-staffed hours, he/she will have a \$50.00 charge deducted on the date of their next draft.

Proper exercise attire assures a healthy environment. This includes: No jeans, jean shorts or work clothing is permitted. No work boots. No cargo pants with zippers and metal buttons. No short shorts or any other clothing considered by management to be suggestive will be permitted. All clothing should not be see-through or have questionable slogans. No hoodies, sunglasses, or skull caps are allowed on the exercise floor.

I understand that if I choose to request an agreement cancellation, as specified and allowable under the agreement, I must do so in writing with any required evidence. You will receive a written confirmation from management. I understand that if I choose to request an agreement cancellation it is a 30-day cancellation process.

Personal training and fitness assessments are available at an additional cost. We only allow personal training by employees of THE CLUB. All trainers not employed by The Club must have management's approval for membership. Trainers/Gym Owners who are employed by other clubs, freelancers, part timers, hobbyists, and sports trainers are also restricted on bringing guests other than their own spouse or child. Your workouts must be alone at all times unless working out with your spouse or child. It is also within our rights to refuse membership to protect the integrity of our business and our current "employed" personal trainers and coaches. Any violation in the above policy will result in immediate termination of membership and a lifetime ban at any Club location.

As a gym courtesy, we ask that you rack any weights you use. We do not allow weightlifting chalk. The Club supports specific guidelines around the execution of lifts. Intentionally dropping, slamming or bouncing equipment for any reason is strictly prohibited. Please see your manager or fitness staff if you have any questions. We ask that you refrain from loud grunting while working out. No tobacco products of any kind are allowed in THE CLUB facilities.

A yearly rate guarantee of \$39.00 will be billed on the anniversary of your membership agreement date to ensure you will continue to receive the rate guaranteed at signing.



AdvoCare solicitation is prohibited in our facilities unless you are employed by The Club.

Assumption of Risk

I desire to voluntarily engage in the various programs at THE CLUB. The programs include aerobic dance, group exercise classes, cycling classes, cardiovascular machines, resistance machines, and free weights. All programs and amenities may vary depending on location.

I understand it is my responsibility to seek physician approval concerning any preexisting health risks. I understand there are some discomforts and risks associated with physical activity, such as muscle soreness, strains and sprains, and occasionally cardiovascular problems including high blood pressure. I understand every effort is made to reduce said risks through ongoing training and continuing evaluation of THE CLUB personnel.

The Club Equal Opportunity Statement

The Club seeks, enrolls and maintains membership without regard to race, religious creed, color, national origin, ancestry, physical disability, mental disability, medical condition, marital status, sex, or age. All club members shall have full and equal access to the club facility. All members with disabilities shall be entitled to reasonable accommodations for their physical and mental impairments. Any member who believes that he/she is/has been treated unfairly on any of the aforementioned matters should first report to the club manager or to Mike Elinski at the club.

Check In

You must check in at the front desk and present your membership card before you use the facilities. New members must show a copy of the contract along with picture ID until you receive your ID card. The Club will not allow access to anyone 30-days past due on his or her payment obligations set forth in your agreement. The Club may require proof that your membership is current.

Membership Cards

The Club issues a membership card to members for identification purposes. You may not let anyone else use it. Use of your card by anyone else will cause it to be confiscated, and a \$10.00 fee will be charged to redeem it. The ID card is The Club's property, and you must return it immediately if your membership is terminated, cancelled, or frozen. There is a \$10.00 charge for lost ID cards.

Guest Privileges

The Club encourages you to bring friends, relatives, and business associates for a visit. Guest is to pay a \$10.00 guest fee and must be accompanied by a member. The guest fee can be applied towards a



membership for up to 30 days. The guest must check in at the front desk, be at least 18, and sign a medical and injury release form. The guest must also take a tour with a Club membership representative before using the facility. The Club may restrict the number of guests and times you may bring guests. It is your responsibility to inform guests about these policies because The Club will ask them to leave the facilities for any policy violations. We limit the same “in-town” guest to 3 visits per year.

Use of the Facilities

Conflicts Regarding Use Please don’t linger on equipment because other members may want to use it. No member should monopolize the equipment or weights. If there is a sign-up list for the use of the equipment and a maximum time limit on its use, The Club expects members to follow the Rules. In short, observe gym etiquette. If there is a conflict of use, let The Club staff resolve it.

Weights and other Equipment If at any time, you are unfamiliar with the use of any of The Club’s equipment or if you would like to be shown the proper technique, please ask a staff member for assistance. As a reminder, you should not throw dumbbells. If they cannot be controlled on the way down, please use a spotter or lower your weight. Please replace the weights on the rack after use and wipe off any benches after use.

General Policy for Minors

To join, all minors need the financial guaranty of a parent or guardian and must sign the membership agreement.

Minors 12 and Under: May not use the workout facilities at any time.

Minors 13-14: May use the facilities but must be accompanied by a parent or guardian if the minor is a member or a guest and their parent or guardian signed the financial guaranty and the membership agreement. The Club reserves the right, in its discretion, to require that a parent or guardian accompanies a minor.

Lockers

The Club provides lockers for your use on a daily basis only and suggests that you use a lock to protect your property. Do not leave any valuable property in the locker at any time. The Club is not responsible for any theft or damage to your property.

Prohibited Items and Activities



No Alcohol, Drugs, or Smoking: You cannot use the facilities at The Club while under the influence of drugs, alcohol, or medication. Also, The Club does not permit smoking, alcohol, or illegal drugs (including steroids) in its facilities.

No photographic or Video Equipment: No cameras, videotaping or any photographic or video equipment are permitted unless you have written consent from The Club.

Food & Beverages: Food and beverage consumption is allowed if in a spill-proof container.

Personal Training: We only allow personal training or coaching by Club employees. All trainers not employed by The Club must have management's approval for membership. Trainers/Gym Owners who are employed by other clubs, freelancers, part-timers, hobbyists, and sports trainers are also restricted on bringing guests other than their own spouse or child. Your workouts must be alone at all times unless working out with your spouse or child. It is also within our rights to refuse membership to protect the integrity of our business and our current "employed" personal trainers and coaches. Any violation in the above policy will result in immediate termination of membership and a lifetime ban at any Club location.

Dress/Towel Policy

The Club requires you to wear appropriate clothing and footwear while in the facilities. Listed are the general guidelines: gym shorts, T-shirt, tank top, aerobic and sweats are acceptable for exercising or aerobics. Please refrain from wearing work boots, jeans and cut-offs. You should have a cloth towel with you during workouts to protect and clean the machines you use for the next person on the equipment.

Conduct

While in the facilities, The Club does not permit and will not tolerate any inappropriate conduct. Such conduct includes, without limitations, using loud abusive, offensive, insulting, demeaning language, profanity, lewd conduct, or any conduct that harasses or is bothersome to members or The Club employees. This includes interfering with the daily activities, stealing of company materials, and acting negatively towards and speaking about The Club staff and management.

Violations of Rules

If any member or guest violates any of the Policies or Rules, The Club will ask the person to stop or leave the facility. We also have the right to terminate the violator's membership according to the terms of the membership agreement.

Steroid Warning



Use of steroids to increase strength or growth can cause serious health problems. Steroids can keep teenagers from growing their full height; they can also cause heart disease, stroke, and liver damage. Men and women can develop fertility problems, personality changes, and acne. Men can experience premature balding and development of breast tissue. There are also civil and criminal penalties for the unauthorized sales, use, or exchange of anabolic steroids.