



## Club Policies

### General Usage Policies

#### MEMBERSHIP ID:

All members must present their Membership Card upon entry to the club.

#### GUESTS:

Guests may use the club only when they have signed a waiver form and paid daily usage fee. Guests must adhere to the same rules and regulations as members. Guest must register at the Front Desk. A guest fee will be charged for each guest's visit.

#### TERMINATION OR SUSPENSION OF MEMBERSHIP:

The club reserves the right at any time to suspend a member from all privileges of membership if said member has violated any of the bylaws adopted by the club. (Refer to original agreement)

#### Schedule A:

- a. **MEMBERSHIP AGE LIMIT:** No membership for children under the age of 14. Children under the age of 14 are not permitted to use fitness floor equipment at any time. Children under 16 must be accompanied by an adult or personal trainer at all times. Child minding will be offered from 6 months of age to 12 years.
- b. **CLUB USAGE:** All children under 14 years of age must be accompanied by an adult 16 years or older while at the club, unless(s)he is in a supervised program with a club-defined beginning and ending time.
- c. **SAUNA:** Children must be 14 years of age to use these facilities.
- d. **Squash:** Children ages 14 years and older are welcome to use the squash court if accompanied by a parent or supervisor. Exceptions may be made for specific programs developed for youth involvement but will be supervised at all times.
- e. **FITNESS FLOOR:** You must be at least 14 years old to use the fitness equipment and supervised by an adult, unless working with a personal trainer. An orientation to the fitness floor must be completed with a fitness instructor before using the fitness equipment unsupervised. It is necessary to reach 16 years of age to use the free-weight area unaccompanied.
- f. **GROUP FITNESS CLASSES are complimentary to members.** Cycling classes require participants to be 14 years of age or older. Sign up for cycling classes is available at the front desk. All other group fitness classes require participants to be 14 years of age and older. Exceptions may be made for specific group classes that are designed for children but at all times will be supervised by at least one adult.

#### ATTIRE:

Proper and appropriately modest attire is required for members and guests using the club. Management reserves the right to deem attire inappropriate.

#### BEHAVIOR:

Members are expected to pick up after themselves, return weights/equipment to proper racks. Please return towels to front desk. Members are required to clean each machine after use. Cleaning supplies will be provided. Proper hygiene is required. Clean athletic clothes, no jeans. Dry closed-top athletic shoes for fitness area and non-marking court shoes for squash courts are required. No dress shoes, boots or sandals permitted. Use equipment properly. Do not slam, drop clang or throw dumbbells/weights on floor when finished. Ask for assistance from fitness staff if you are unfamiliar with equipment. No food allowed in weight area. (No glasses bottles in fitness center) Lockers are for day use only – locks will be cut if left on locker over night Grunting and excessive noises kept to a minimum, you should not be disturbing other members. Profanity, racquet-throwing, or any other form of uncontrolled behavior will not be tolerated.

#### SMOKING:

Smoking is not permitted on the premises.

#### CELL PHONE AND RECORDING DEVICES:

Use of cell phone is restricted to the lobby and locker room areas only. Cell phones equipped with cameras are not permitted in the locker rooms.