

Wellness Works!

MEMBERSHIP GUIDELINES

Through a paid or complimentary membership, members must agree and abide by the following guidelines. Failure to do so may result in membership being terminated with or with a refund of membership dues.

GENERAL

1. All members must check in at the membership desk during staffed hours.
2. No guests or children under 18 are allowed in the facility unless pre-authorized by management. Under no circumstances may a member bring an unauthorized guest into the facility during non-staffed hours.
3. Membership dues do not include services such as personal nutrition evaluations, personal training sessions, refreshments and specialized programs.
4. The facility may not be used to solicit or promote special interests without the permission of management.

NON-STAFFED HOURS (if applicable)

1. Access to the facility during non-staffed hours requires a key card (\$5 refundable deposit) or a key fob (\$10 refundable deposit). Lost cards/fobs will be replaced at the member's expense. Card/fob sharing is prohibited.
2. There will be no supervision or assistance of any kind available during non-staffed hours. It is HIGHLY recommend that you have another member accompany you during non-staffed hours.
3. Access during non-staffed hours is solely at the discretion of management.

CONDUCT

1. Members are expected to follow a general code of proper conduct that respects the rights of others to enjoy the facility. Disruptive, loud, inappropriate or harmful behavior may result in termination of membership. Misconduct should be reported to management.
2. Food, chewing gum, glass bottles, and cans are not allowed in the fitness areas of the facility. Plastic water bottles are acceptable.
3. Alcohol, drugs, and banned substances are not allowed on the premises.
4. Smoking of any kind is not allowed on the premises.

DRESS CODE & HYGIENE

1. Appropriate athletic shoes must be worn at all times. No street shoes, boots or sandals are allowed in the fitness areas. Bare feet are not allowed.
2. Proper personal hygiene must be maintained by showering regularly, wearing clean clothing and using deodorant.
3. Before beginning your workout, wash your hands and wipe off any perfumes, fragrant lotions or colognes that may be offensive or distracting to others.
4. No bags, coats, or personal items are allowed in the fitness areas. Cubbies and coat hooks are available for short-term storage.

FITNESS EQUIPMENT

1. Wipe down the equipment after use. Disinfectant and towels are provided throughout the facility.
2. The time limit for cardio equipment during busy periods is 30 minutes per machine. If no one is waiting, you may continue to use the equipment.
3. After using equipment, bars must be stripped, and plates and dumbbells returned to proper storage areas.
4. Collars are to be used at all times to secure weights on bars.
5. Use only one piece of equipment at a time and take turns with others. Do not sit on equipment/machines between sets.
6. Report all equipment malfunctions or concerns to facility staff.

I UNDERSTAND, ACKNOWLEDGE AND WILL ABIDE BY THE GUIDELINES AS PRESENTED.

Member Signature

Printed Name

Date