



## Rules and Regulations

1. Men need to wear shirts at all times. Muscle shirts/tank tops are appropriate.
2. Tennis shoes must be worn on all cardio and weight equipment, and in all group exercises classes.
3. Please be sure to wipe off all equipment after each use.
4. No one under the age of 14 is allowed in the exercise areas at any time.
5. If all of the cardio equipment is in use please limit your time on the machine to 20 minutes.
6. Please do not enter the group exercise room for a class until the previous class is finished.
7. All members may bring a guest once for a free workout. After the first workout guests are expected to pay the \$8.00 visitor fee.
8. If you are using the free weights please place all weight plates and dumbbells back on the racks when you are through.
9. When using the strength training machines please lower the weight stack down gently.
10. Payments that are late will have a \$5.00 late fee added to them. Full payment must be made before members will be allowed to work out again.
11. Please let the instructor know if you are attending a step aerobics class for the first time, and if possible arrive 10-15 minutes early to go over some basic steps with the instructor.
12. Please follow the childcare hours listed on the 'Childcare Information' sheet and pay the \$2.00 per child, per day charge daily or weekly.
13. If you are working out with a partner please keep voices at an appropriate level as to not disturb other members.
14. There will be a \$5.00 fee if we have to make an additional membership card for you.
15. Sales tax is included in all dues and fees.