



## **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 keytag when you enter the facility. All guests are required to complete the guest register, pay a \$10 guest fee, and comply with all guest policies. Guests must be at least 18 and are limited to 3 visits per year. Guests are only allowed during hours in which The Club is staffed. If you bring a guest during non-staffed hours, you will have a \$50.00 charge deducted on the date of their next draft. For prospective members, the Club does offer a one-time free week pass to allow guests to try the facility prior to joining. The Club may restrict the number of guests and times you may bring guests at our discretion. It is your responsibility to ensure your guests abide by Club policies because The Club will ask them to leave the facilities for any policy violations.

Proper exercise attire assures a healthy environment. Proper exercise attire includes gym shorts, T-shirts, tank tops, sweat pants, Yoga pants, and tennis/closed-toed shoes. No jeans, jean shorts or work clothing are permitted on the exercise floor. Also, no work boots or cargo pants with zippers/metal buttons are allowed. No short-shorts or any other clothing considered by management to be suggestive will be permitted. Clothing should not be see-through or have questionable slogans. No hoodies, sunglasses, or skull caps are allowed on the exercise floor.

You understand that if you choose to request an agreement cancellation, as specified and allowable under the agreement, you must do so in writing with any required evidence. You will receive a written confirmation from management. You understand that if you 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 maintenance fee of \$44.00 will be billed on the anniversary of your membership agreement date.

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

### **Assumption of Risk**

You are voluntarily engaging 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.

You understand it is your responsibility to seek physician approval concerning any preexisting health risks. You 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. You understand that 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 facilities. 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 each visit prior to using the facilities. New members that have not set up their Club Life app must show a copy of their contract along with picture ID for verification purposes. The Club will not allow you access to the facility if you are 30-days past due on your payment obligations set forth in your agreement. The Club may require proof that your membership is current.

### **Membership Keytag**

The Club provides membership keytags to members through our mobile app (Club Life). Keytags are required for identification purposes and to verify your membership is in good standing. You may not let anyone else use your keytag at any time. Violation of this policy will result in termination of your membership.



### **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 certain 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.

**Group and Cycling Classes:** Group Fitness classes are included with the Premium membership, and Cycling classes are included with the Premium Plus membership. Members on the Basic membership do not have access to classes but may upgrade at any time to add classes to their plan. Members may use the Group Fitness and Cycling studios if class is not currently in-session. Please DO NOT touch any of the sound equipment in the studios.

**Tanning:** Tanning is included with the Premium & Premium Plus memberships. Tanning is restricted to staffed hours only, and members may only tan once per 24-hour period. The MS State Department of Health requires all our members to sign a liability waiver and complete a questionnaire prior to using our tanning beds. Members on the Basic membership may upgrade at any time to add tanning to their plan.

### **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 13-15:** May use the facilities but must be accompanied by a parent or guardian.

**Minors 16-17:** May use the facilities without a parent or guardian present.

**Childcare:** The Club childcare center is for **members' children ONLY** and accepts children once per day (max. 2 hours) who are on their parents' membership. Members also have the option to pay \$5.00 per child per visit. Each child must be between the ages of 3 months and 12 years old. We ask that you do not leave the facility while your children are on the premises. If bringing a snack, please use a spill-proof container. We do not provide diapers, and we will call on you to change your child's diaper in the event



of an accident. We advise that children do not bring toys from home because they may get lost or accidentally taken home by another child. As a courtesy to other children, please do not bring any children who display visible symptoms of illness (runny nose, fever, coughing, etc.). The Club reserves the right to refuse or ask to leave any child who reacts negatively or misbehaves while in our childcare center. Children who cry or continually misbehave for more than 15 minutes may be asked to leave the childcare center if the childcare staff cannot get them under control. Continued misbehavior could result in an indefinite suspension from the childcare center. Please reference the last page for additional information on our childcare.

### **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 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 the contents are in a spill-proof container. If you accidentally spill something, please notify a staff member immediately so we can clean the spill in a timely manner.

### **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 reserve the right to terminate the violator's membership in accordance with 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 to 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.

### **Childcare (cont'd)**

**Hours of Childcare:** Monday – Thursday: 8am – 12pm and 4pm – 8pm; Friday and Saturday: 8am – 12pm ONLY; Sunday: CLOSED. Childcare is limited to a two-hour time limit per day.

**Check-in Procedures:** All children must be signed in and out each time they visit the childcare center. You must list the area of the facility you will be using so that we may reach you in a timely manner in the event of an emergency.

**Snacks:** Only small snacks are allowed in the childcare center. NO meals (pizza, fast food, etc.) are allowed. Due to potential choking hazards and food allergies, please refrain from bringing hot dogs, nuts of any kind (including items containing peanut butter), large pieces of fruits or vegetables, cheese, popcorn, gum, or hard or sticky candy.

**Illness Policy:** Please be considerate of The Club's childcare staff and other children and do not bring your child if they are ill. Any child with fever, diarrhea, cold, eye infection, vomiting, or other potentially contagious illness will not be allowed in the childcare center. We ask that your child be free of fever for at least 24 hours before returning to the childcare center. In some instances, The Club may require a doctor's note before permitting your child to return.