



Dear Member,

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

PLEASE REVIEW BELOW:

1. Please scan your club membership card when you enter the facility.
2. Under no circumstances are persons under the age of 18 permitted access to CLUB4 Fitness during non-staffed hours. For club hours of operation, refer to the CLUB4 App or club4fitness.com. CLUB4 Fitness policies can also be found online at club4fitness.com/membership-policy.
3. All guests are required to pay a **\$15.00 guest fee**, complete the guest register, and comply with all guest policies: limit to 3 visits per year.
4. 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.
5. Proper exercise attire assures a healthy environment which is why the following restrictions **MUST** be followed:
  - a. No jeans, jean shorts, or work (non-athletic) clothing is permitted to be worn during workouts.
  - b. No work boots or open-toed shoes, including sandals and/or 'flip-flops' on the exercise floor, whereas proper athletic shoes are required to be worn on the exercise floor.
  - c. No cargo pants or non-athletic gear with zipper and/or metal buttons may be worn during exercise.
  - d. No hoodies or sunglasses are permitted on the exercise floor.
  - e. Clothing must not compromise safety, nor can it be considered provocative, so see-through material and clothing bearing controversial signs, sayings, and slogans are prohibited anywhere in the CLUB facility.
6. I understand that if I choose to request an agreement cancellation it is a 30-day cancellation process.
7. Personal training and fitness assessments are available at an additional cost.
8. We only allow personal training or coaching by CLUB4 Fitness employees. All trainers not employed by CLUB4 Fitness must have management's approval for membership. Trainers/Gym Owners who are employed by other clubs, freelancers, part timers, hobbyists, sports trainers are also restricted on bringing guests other than their own spouse or child, otherwise you must be alone at all times. It is also in 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.
9. As a gym courtesy, we ask that you rack all weights.
10. We do not allow weightlifting chalk. CLUB4 Fitness supports specific guidelines around the execution of lifts. Dropping, slamming, or bouncing equipment for any reason is strictly prohibited. Please see your manager or fitness staff for questions.
11. We ask that you refrain from loud grunting while working out.
12. No tobacco products of any kind are allowed in CLUB4 Fitness facilities.
13. A yearly maintenance fee of \$49.99 will be billed beginning one month from your membership agreement date.
14. No personal training/supplement solicitation at any time.
15. NO videoing or photography is permitted in the facility at any time for social media use to promote a personal training or online training business.
16. NO external speakers are permitted in our clubs for the convenience of our members.
17. ALL members are required to have a digital photo on file, taken at the time of enrolling for membership for the purpose of account verification and ownership.
18. All new members receive one (1) complimentary fitness consultation, a \$35 value

Member Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Assumption of Risk:**

I desire to engage voluntarily in the various programs at **CLUB4**. 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 my responsibility is to seek physician approval concerning any preexisting health risks. I know some discomforts and risks are associated with physical activity, such as muscle soreness, strains and sprains, and occasionally cardiovascular problems, including high blood pressure. I understand that every effort is made to reduce said risks through ongoing training and continuing evaluation of **CLUB4** personnel.