



Rules and Regulations for Club Fitness Members

REQUIREMENTS:

- All members and guests must sign the Club Fitness Waiver and Consent Form that releases Club Fitness of all responsibility for injuries that may incur while exercising in this facility. Membership will not be approved if this requirement is not met.
- The Club Fitness Health Questionnaire must be completed and signed by all members at the time of joining. Any “YES” responses to Section 2 of this questionnaire will require a signed medical waiver from a physician.
- Children under the age of 18 years can only join the gym to use the cardio equipment and take part in cardio classes. They must be accompanied by an adult at all times.

GENERAL:

- All members and guests must check in at the Reception Desk. As a member you will be given a membership card to enter the club and this card must be scanned for each visit.
- A \$20.00 fee will be charged to replace lost or damaged membership cards.
- We encourage our members to bring guests to the facility. The guest fee is \$25.00.
- All guests are required to report to the Reception Desk to complete the required documentation before using the facility and are expected to comply with and are subject to the same rules and regulations as Club Fitness members.
- Included in all memberships is the use of the facility, including both the cardio and weight room as well as unlimited classes other than certain special classes. There are additional fees charged for personal training, massage therapy and other services offered at Club Fitness.
- Appointments with our Fitness trainers must be scheduled and can be done at the Reception Desk.
- Any changes made to your current membership agreement must be made in person. Please speak to Club Fitness staff before making your final decision. An email or phone call will not be accepted as a form of notice
- Each member is responsible for informing Club Fitness staff of any change in health or medical status during the membership term.
- In the event that you begin to experience chest pain, difficulty breathing, dizziness, weakness/numbness or other symptoms, stop exercising and immediately inform Club Fitness staff.
- It is a requirement that you set your cell phone to silence or vibrate when inside the facility.

GENERAL CONDUCT:

Club Fitness requests that all members and guests obey a general code of proper conduct respecting the rights of others to enjoy our facilities. These rights include but are not limited to health, safety, and privacy.



Club Fitness does not permit disrupting or interfering with the workout of another member. All members and guests must respect the rights of others with courteous and appropriate behaviour. The use of foul language or boisterous behaviour is strictly prohibited.

To ensure the privacy and safety of all members, cameras or photos of any kind are not allowed in any locker room.

No food or chewing gum is allowed in the facility.

All Club Fitness members and guests are expected to use their best efforts to care for the equipment and facilities.

Misusing the equipment can result in injury and/or damage to the equipment. Please therefore follow directions and instructions. Ask for assistance from the fitness staff if you are unfamiliar with the equipment.

It is the responsibility of each member and guest to wipe down the equipment after use with a disinfectant wipe which Club Fitness provides throughout the exercise areas in the facility.

During busy periods, use of the cardio equipment is limited to 30 minutes per machine. If no one is waiting, you may continue to use the equipment.

Weight room etiquette

- Do not drop dumbbells or weight plates on the floor.
- Do not lean weight plates against equipment and machines.
- Collars are to be used at all times to secure weights on bars.
- Please return weights, plates and dumbbells to their proper storage areas after you have completed your workout.
- **A towel must be placed on the weight machines before use. If you forget to bring your towel, you can rent one from the front desk.**

Club Fitness reserves the right to revoke any membership at any time for conduct contrary to the best interest of the facility and its members. The member will be given a verbal and/or a written warning before this occurs except in extreme circumstances where the membership can be terminated immediately.

Upon revocation, Club Fitness, at the discretion of the Management of Club Fitness will refund any unused portion of dues previously paid.

Any complaints regarding the conduct of Club Fitness staff or of a member/guest of facility should be reported immediately to The Management of Club Fitness.



LOSS & DAMAGE TO PERSONAL PROPERTY:

Club Fitness is not responsible for lost, stolen or damaged personal items. Valuables should be secured in lockers provided. No bags, coats or personal items are allowed in the fitness areas.

DRESS CODE & HYGIENE:

When using the exercise equipment, members and guests must wear proper training attire, particularly shirts and athletic shoes at all times. Open toed shoes and sandals are not permitted. Bare feet are not allowed outside of locker rooms.

Proper personal hygiene must be maintained by showering regularly, wearing clean clothing and using deodorant.

Please refrain from using perfumes, fragrant lotions or colognes as they may be offensive to others.

CLASSES:

Please follow the specific guidelines set forth for each class.

A proper warm-up is essential for avoiding injuries. Therefore, no one will be permitted to enter a class if more than 10 minutes late.

A proper cool-down and stretch is also important after working out. If you need to leave early, please inform your instructor and allow yourself an extra 5 minutes to cool down properly.

All fitness equipment used during the class must be wiped down and put away.

SOLICITATION:

Club Fitness facilities and services are intended for the enjoyment of its members and guests. Club Fitness facilities may not be utilized to promote special interests or requests without the permission of Management.