

MEMBERSHIP POLICIES

WELCOMETOCLUBONE

Club One Fitness & Aerobics designed the membership policies to ensure a safe and more enjoyable environment in which to meet your health and fitness goals. Please be thoughtful and observe the policies while utilizing the facility. All members agree to follow the club policies and keep updated on the current policies in effect. Club One reserves the right to update these policies at any time.

CHECKIN You must stop at the front desk upon entering the club. All members must give their member #/name or swipe their key tag. Club One reserves the right to restrict gym usage if your account balance is delinquent. Club One may require proof that your membership is current.

GUEST PRIVILEGES Club One encourages you to bring friends, relatives, and business associates for a guest visit. A guest must check in at the front desk, be at least 16yrs old without parent and/or 10yrs old with parent or guardian. Guests must sign a waiver and pay a guest fee before using the facilities. Club One will also make a copy of the guests Driver's License or ID for our records. Club One reserves the right to ask you to leave the premises if you or any of your guests do not follow the club policies. Guests may purchase a week pass for \$50 or a day pass for \$25, plus admission tax. Pool passes are \$10 for children or \$25 for adults, plus admission tax. All members & guests must have an ID on file or presented to enter.

USE OF THE FACILITIES In order to improve the timeliness of each member's workout, please do not monopolize any one piece of equipment. Good gym etiquette is to "work in" with other members. Working together helps increase the positive energy in the gym. Be courteous with the use of gym equipment with other members. If there is a conflict over use, let Club One management resolve it.

GYM ETIQUETTE Always re-rack weights, do not slam or drop weights, no use of chalk, no excessive grunting/yelling. Club One reserves the right to give one warning for those not following gym etiquette and may limit or discontinue gym usage.

GROUP FITNESS CLASSES All classes are scheduled to best suit the members of the facility. Each member may participate in any number of classes. Each member must observe the safety instructions emphasized by the instructors. If you become faint or dizzy during a class, please reduce intensity of exercise and cool down. Members are encouraged to be timely for classes; each class begins at its scheduled time. Please see current Incident Weather policies posted in the facility or on schedule.

STEAM ROOMS/SAUNA Steam rooms are available for all members at any time. Towel usage is mandatory while using the steam room; please pick one up at the front desk or bring your own personal towel. Please turn off steam room after use. Return all towels to the laundry basket provided at the front desk. No misuse of the steam or sauna will be tolerated. Do not pour water on the sauna unit or tamper with the sensors in either room.

CIRCUIT AND FREE WEIGHTS As a reminder, you should replace the weights on the rack after use. It is encouraged that all members workout with a towel while utilizing equipment. We emphasize any and all sanitary precautions while exercising. We will not tolerate any misuse of equipment. All equipment must be used in the manner in which it was designed. Please ask for assistance if you are unsure of proper use. Cleaning towels and gym disinfectant wipes are provided throughout the facility. Please clean your equipment after use.

TOWEL USAGE Towels are Club One property. Gym towels are complimentary for use during your workout. Shower towel service is available. Members with towel service may utilize up to 2 shower towels per visit or pay the \$1 daily shower towel fee. All towels are to be returned to the laundry basket provided.

KIDS CLUB This service is included in your membership and is provided for the convenience of our members with children. Please be courteous of session times. NO children are permitted in Kids Club without an attendant or outside of session times. For the safety of our member's children, do not allow children to enter the weight equipment or cardio areas. Children should go straight to Kids Club or to the pool. Please see current posted incident weather policies for any delays or closings. All parents must sign and agree to our Kids Club Policies. Children should be monitored by parents at all times while entering/exiting the facility. Club one and its staff are not responsible for unmonitored children. Locker rooms are for members only, children may utilize the Kids Club restroom or the family bathroom on the pool deck.

BILLING INFORMATION Edits/changes/cancellations must be submitted IN WRITING by the 1st of the month prior to the billing on the 15th of the month. There is a \$20 charge for returned checks or EFT payments. All accounts past due over 90 days are sent to collections.

PERSONAL TRAINING Every member signing up for a 3 month term or longer is entitled to a free session with a trainer to get them started on their fitness journey! 24hr notice is required to cancel any appointments. "No shows" or late cancellations are subject to a late fee. Any additional training will be based on the rates that each trainer charges for their services. Please inquire with each trainer if you are in need of motivation, a new regimen, or just need assistance.

LOCKER RENTAL: Lockers are available for all members to store their belongings while they are working out. For your convenience you may rent a locker for \$10/month. This charge will be added to your regular membership dues. Club One is not responsible for lost or stolen items.

TANNING Tanning is available to members and non-members. You may purchase a 1 mo. Unlimited package or purchase sessions individually. We accept walk-ins or you may schedule in advance for your tanning session. You must check-in with front desk prior to tanning. Must be 18yrs. old without parental consent. All tanners must follow posted tanning instructions and guidelines. Red Light Therapy sessions must be scheduled. Single sessions or packages are available for purchase. Please follow posted usage guidelines.

ATTIRE We ask that all members wear appropriate workout attire while utilizing the facility. We require members and guests to wear shoes and a shirt at all times. No member is permitted to wear boots, sandals, or open-toed shoes while working out. DO NOT wear muddy shoes inside the facility! We request that no one wear jeans, which can damage equipment vinyl. Club One reserves the right to inform you of inappropriate workout attire. Please see posted signage.

HOLIDAYS Club One does have abbreviated holiday hours. All holiday hours will be posted prior to the holiday. Easter & Christmas Day we will be closed. Abbreviated hours may also alter the aerobics schedule and Kids Club, please refer to posted schedules.

DRINKS/RETAIL: All drinks/bars must be paid for in full at the time of consumption. No IOUs are permitted.

CARDIO Please be courteous to fellow members and limit your usage on cardio equipment to a 30min max time during peak times. If no one is waiting for your machine you may continue beyond 30min. Please wipe down your machine with provided cleaning towels or sanitizing wipes after use.

CELL PHONE USAGE As a courtesy to other members, please refrain from cell phone usage while in the club. For the privacy of all members, Club One prohibits videoing and photographing within the facility.

MEDICAL EMERGENCY POLICY: If anyone shows any sign of medical distress 911 will be called.

AQUATIC CENTER All members must follow the posted Pool Rules. An Aquatic Schedule is posted monthly to reflect Swim lessons, programming, events, etc. Schedule is subject to change.