

MEMBERSHIP POLICIES

WELCOME TO CLUB ONE!

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.

CHECK IN: You must stop at the front desk upon entering the club. All members must sign in or give their member # (or swipe key tag) to the front desk staff. Club One reserves the right to restrict gym usage if your acct balance is delinquent. Club One may require proof that your membership is current and charge you a guest fee to use the facilities for that day if your account is not 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 16 yrs 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 \$40.00 or a day pass for \$20.00, plus admission tax.

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. Class cancellations due to inclement weather are based on the school delays and cancellations in QAC. AM classes will be delayed 1 hr. if QA schools are delayed and/or cancelled due to inclement weather. PM classes during inclement weather closings will be based on the discretion of the instructor.

STEAM ROOMS: 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.

CIRCUIT AND FREE WEIGHTS: As a reminder, you should replace the weights on the rack after you use them. Each member is required to work out with a towel while utilizing the equipment. We emphasize any and all sanitary precautions while exercising. We will not tolerate any misuse of the gym equipment. All equipment must be used in the manner in which it was designed to be used. Please ask for assistance if you are unsure of proper use. Cleaning towels and sanitizing cleaner is 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 towel fee. All towels are to be returned to the laundry basket provided.

KID'S 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 Kid's 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. Inclement Weather Policy: QAC School delay or closing = AM Kid's Club delayed 1hr./QAC Schools PM Kid's Club based on the discretion of Management. Please call for updates. All parents must sign and agree to our Kid's Club Policies. Children should be monitored by parents at all times. Club One and its staff are not responsible for unmonitored children. Locker rooms are for members only, children should utilize the restroom provided in the Kid's Club.

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 \$20.00 charge for returned checks or EFT payments. All accounts over 90 days are sent to collections.

PERSONAL TRAINING/NUTRITION: Every new member signing up for a 3-month term or greater is entitled to a free session to get them started on a workout program. 24hr notice is required to cancel any appointments. "No shows" or Late cancellations are subject to a late cancellation 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. Nutritional Counselor services are provided by request, fees for services will be provided by the Certified Counselor.

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.

RACQUETBALL: Members may pay to play racquetball per session on a walk-in basis or pay for unlimited usage. With unlimited usage, members may schedule up to 24hrs in advance for court time. Max court time is 1 hour.

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.

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 Kid's Club, please refer to posted schedules.

DRINKS/RETAIL: All drinks/bars must be paid for in full at the time of consumption. NO IOU's are permitted! For sanitary reasons we ask that you be considerate of where you carry your sports drinks/coffees/smoothies within the facility.

CARDIO: Please be courteous to fellow members and limit your usage on cardio equipment to a 30 min. 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/sanitizer after use.

CELL PHONE USAGE: As a courtesy to other members, please refrain from cell phone usage while in the club. Club One prohibits the use of picture phones in the facility.

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

Everyone must follow all Aquatic Center Rules. Club One staff reserve the right to remove anyone not following these posted rules.