



## RULES AND REGULATIONS

Welcome...

**BODYWORKS** Health and Fitness Center have developed the following Rules and Regulations to insure a safer and more enjoyable environment in which to exercise. So, please be thoughtful and observe the Rules and Regulations as you, and all members, agreed to follow. **BODYWORKS** may modify the Rules and Regulations without notice at any time. **BODYWORKS** will post the changes. It is your responsibility to know and follow the most current Rules and Regulations. Any individual who utilizes **BODYWORKS** in any manner shall be bound by these Rules and Regulations as the same may be revised, supplemented, or amended from time to time, regardless of whether he/she has signed a copy of these Rules and Regulations.

A. Each member shall register his or her complete name, address, home and business telephone numbers with the Center. **BODYWORKS** must be notified of any change in address and/or telephone number, account number, within 14 days of that change. Parents are responsible for minors.

B. Only members 16 years of age and older are allowed in **BODYWORKS** Facilities unattended. An Adult Guardian must accompany 14 and 15 year olds, at all times. Any Minor who does not adhere to **BODYWORKS** Rules and Regulations will have their membership terminated.

C. All members, and their guests, shall give written notice to **BODYWORKS** of any medical disorder, disease or other malady, which may require special precautions in case of emergency. Medical personnel, medical treatment, or paramedic personnel shall not be provided by **BODYWORKS**.

D. Appropriate social conduct is expected of all members and guests while in, on or about **BODYWORKS** Facilities. Inappropriate conduct, which will not be tolerated, includes without limitation, using loud, abusive, offensive, insulting, demeaning language, profanity, any conduct or strong offensive odor, that harasses or is bothersome to members or employees of **BODYWORKS**. All equipment/facilities shall be used properly. If not familiar with use of a piece of equipment, please ask an employee of **BODYWORKS**.

E. **BODYWORKS** requires all individuals to wear clothing and footwear appropriate to dress code while using facilities. **BODYWORKS** requires the wearing of shirts, shorts, and closed toed tennis shoes. No street shoes or black-soled shoes are allowed at anytime. No Jeans. General guidelines include gym shorts, T-shirts, jogging aerobic and sweat outfits for exercising or aerobics. Swimming suits only are allowed in the pool area, but leotards, danskins, or cutoffs are not. Protective eye gear is required in racquetball courts and tanning beds. You must have a towel with you, and use towel during your workouts to wipe your sweat.

F. If any member or guest violates any of the Rules and Regulations, **BODYWORKS** reserves the right to ask that person to stop or leave. A violation may also cause **BODYWORKS** to terminate the violator's membership according to the terms of its Membership Agreement

G. Each Member must show his/her membership card when entering **BODYWORKS**. Temporary or short-term membership cards must be shown with a picture I.D. card. A day pass must be purchased if the membership card is not available. There is a \$10 charge to replace a lost membership card. Memberships and membership cards are nontransferable, and may be used only by the person to whom they are issued. Any abuse of membership card may result in termination of membership.

H. Each Member must check in at the front desk and present your membership card. **BODYWORKS** may charge you a day pass fee if your membership due payment is not current.

I. All guests must complete and sign a Guest Card and **BODYWORKS** Waiver and Release of Liability Form. Each guest will be charged the day pass fee. **BODYWORKS** may restrict the number of guest and time you may bring guests, and all guests are subject to **BODYWORKS** Rules and Regulations. Members may not invite a terminated or delinquent Member to use the facilities. All Guests must be instructed and given an orientation by a Member Representative before using the facilities. Any Guest who is under 18 years of age must be accompanied by an Adult Guardian at all times.

J. Lockers are for day use only, on a first-come, first-served basis. You must provide your own lock. Locks left overnight will be removed and the contents of the locker will be discarded.

K. Members should not bring valuables, including large sums of money, onto Center premises. Each Individual understands that **BODYWORKS** will not be liable for the loss or theft of, or damage to, the personal property of Members or guests.

L. Members shall take proper care of equipment and facilities. Each Member or guest shall be liable for any property damage and/or personal injury caused. Payment is obligated upon presentation of statement. Please adhere to specific Rules posted regarding the use of specific equipment or facility.

### 1. Weights, Cardio, and Fitness Areas

- a. Replace weights on the proper rack after you use them.
- b. Do not drop weights. Weights are to remain in the matted area.
- c. Do not slam weight stacks. Put handles and benches in their proper places.
- d. Wipe off benches or machines after use. No chalk allowed.
- e. Be considerate of all exercisers, do not monopolize equipment/facility area.
- f. Time limit of 30 minutes on cardiovascular equipment if someone is waiting.
- g. Use sign-up list or schedule as requested.
- h. If there is a conflict over use, let **BODYWORKS** management resolve issue.
- i. No gym bags allowed in workout areas, please leave in locker room.

### 2. Pool, Jacuzzi, Steam Rooms

- a. Shower before and after use is required.
- b. Please use covers or towels for hygiene reasons. No bare feet, wear pool/shower shoes.
- c. Please consult a doctor before using Jacuzzi or Steam Rooms. Do not exceed 30 minutes.
- d. Consult pool schedule, Priority Use: 1) Scheduled Water Aerobics Classes, 2) Lap Swimmers, then 3) Casual Swimmers.
- e. Swimsuit required in Pool and Jacuzzi.
- f. No jumping or diving in Pool or Jacuzzi.
- g. No running in Pool area. No running in locker/shower/change room areas
- h. **BODYWORKS** does not provide Life Guard services. Swim at your own risk.

### 3. Racquetball, Aerobics, Special Classes, and Tanning Beds

- a. Please see front desk for schedules, to sign up, or reserve court/bed.
- b. No rough or dangerous play is permitted. No black soled shoes allowed.
- c. Racquetball courts must be reserved in advance, up to 48 hours in advance. Members are asked to cancel at least 1 hour in advance. All players/tanners must check in at the reception desk to claim court/bed. Court reservations will be scheduled on the hour. Court reservations will be held for 10 minutes, our clock. Penalty fee for lack of cancellation or no show.
- d. Tanning beds must be reserved in advance, up to 48 hours in advance. Tanning time reservations will be scheduled according to bed desired (Stand up and Lay down beds have different time limits). Tanners are expected to paid and checked in 5 minutes before tanning time, our clock. Late tanners may reschedule or tan for reservation time remaining only.
- e. Eye protection is required at all times for all racquetball players and tanners.
- f. All racquets must have bumper guards and wrist strings. Racquet rental may be available.
- g. All rules of the Amateur Racquetball Association apply to all play of members and guests.
- h. An Adult Guardian may escort and train a minor (8-13 year old) to play racquetball only. Minor will sign up as a Guest and pay the day fee. Minors may not enter rest of facility.

M. Food and beverages must be consumed in the Juice Bar area. Only water in spill proof containers will be allowed in work out areas.

N. **BODYWORKS** does not permit smoking, alcohol, illegal drugs, weapons, or steroid use in, on, or about the premises. No individual may use **BODYWORKS** Facilities while under the influence of drugs or alcohol. Cameras and picture taking are not allowed without **BODYWORKS'** and individual's authorization.

O. No Member or guest may coach or train other Members or Guests (Parent may assist his minor child) and may not engage in any type of business or enterprise while at **BODYWORKS** Facilities. **BODYWORKS** may permit independent contractors to offer products or services to Members with written authorization. **BODYWORKS** does not make any representations or warranties concerning, or guarantee the training, quality, or reliability of their products or services, including whether or not these independent contractors will remain in business for any period of time. See front desk to sign up and pay for independent contracting services, personal training, massage, special classes.