### **General Conduct**

* Respect for Others: Members should show respect to other gym users and staff at all times. Discriminatory language, harassment, or any form of bullying is strictly prohibited.
* Safety First: Prioritize your safety and the safety of others. Report any hazardous conditions or broken equipment to gym staff immediately.
* Appropriate Attire: Members must wear appropriate workout attire, including closed-toe athletic shoes, shirts, and suitable gym wear. Clothing with offensive prints or slogans is not allowed.

### **Health and Hygiene**

* Cleanliness: Wipe down equipment after each use with provided cleaning materials.
* Personal Hygiene: Members should maintain good personal hygiene, including the use of deodorant. Avoid wearing heavy perfumes or colognes.
* Sickness Policy: Do not use the gym if you are contagious. Members should stay home if they are ill or have symptoms of a contagious illness.

### **Equipment Use**

* Proper Use of Equipment: Use equipment only as intended. If unsure about how to use a piece of equipment, ask gym staff for assistance.
* Time Limitation: During peak hours, limit the use of cardio equipment to 30 minutes if others are waiting.
* Weight Re-racking: Members must re-rack weights and return all equipment to its designated place after use.

### **Membership Policies**

* Check-In: Members must check in at the front desk with their membership card or ID upon each visit.
* Guest Policy: Guests are welcome but must be accompanied by a member, sign a waiver, and may be subject to a guest fee.
* Membership Freeze/Cancellation: Members can request to freeze or cancel their membership in accordance with the terms outlined in their membership agreement.

### **Facility Use**

* Locker Room: Store personal belongings in lockers and keep the locker room tidy. The gym is not responsible for lost or stolen items.
* Food and Drink: Only closed, non-glass water bottles are allowed in workout areas. No eating or open containers in the gym area.
* Age Restrictions: Members must be at least 16 years old to use the gym unaccompanied. Those aged 12-15 must be accompanied by an adult.

### **Group Fitness Classes**

* Pre-Registration: Members are encouraged to pre-register for classes. No entry to classes 10 minutes after they start.
* Cancellation Policy: If you cannot attend a class you’ve registered for, cancel your spot at least 2 hours in advance to avoid a no-show fee.

### **Conduct Enforcement**

* Policy Violations: Violation of these policies may result in a warning, suspension, or termination of membership, depending on the severity and frequency of the violation.
* Feedback and Concerns: Members are encouraged to provide feedback and report any concerns to gym management.

### **Amendments**

* Policy Changes: The gym reserves the right to amend policies at any time. Members will be notified of significant changes through email or gym postings.