

TILTON FITNESS AND WELLNESS ~ GALLOWAY RULES and REGULATIONS

All members and guests are required to follow the rules and regulations of Tilton Fitness and Wellness. These policies were put into place to protect you, our members and guests, and to ensure everyone enjoys our facilities in a safe, organized manner.

CHECK IN

- Membership cards are required and must be presented at the Member Service Desk each time entry is intended and any fees must be paid prior to use.
- Upon presentation of a valid membership card or proper identification, members shall be provided a lock and key. Member's acceptance of this lock and key is deemed an acceptance of responsibility for the return of such to the Front Desk upon departure from the club and member agrees to pay the club's established fees for items not returned.
- Lost locks or keys \$15.00.

GUEST POLICY

- Proper identification is required for all guests.
- Guests must be 18 years or older. (No proof of age/No admittance)
- Guest fee is \$20.00 per visit. Guests accompanied by a member pay a reduced fee of \$10.00
- There is no limit to the number of guests that a member may bring to the club; however, each individual guest is limited to five (5) visits per year.
- ***PLEASE NOTE: Member Parent or Member Legal Guardian may bring their child ages 14 and up as guest. Children 14 + 15 years old must be supervised by their member parent or member legal guardian upon each visit to club. Children 16 years and older may use club without parental supervision but can only use club when guest of member parent or member legal guardian.**
- All guests must complete a guest register form and receive a tour of the club.

CHILDREN

- Children less than 14 years of age are not allowed in club unless signed up for an age appropriate class.
- Children 14 + 15 years old may use club, as guest or add-on, with supervision of Parent or Legal Guardian upon each visit to club.

PROPER ATTIRE – ALL AREAS OF CLUB

- Shirts and shoes **MUST** be worn at all times in the public areas of the club.
- **JEANS, Flip-Flop / Open Toed Sandals, and WORK BOOTS are PROHIBITED in workout areas.**
- Shirts and proper athletic shoes must be worn in the exercise areas of the club at all times.

TELEPHONES

- Club phones are not available for personal use.

PARKING LOT

- Members and guests accept full responsibility for any accidents or incidents that may happen to their cars or possessions while in the parking lot.

GROUP FITNESS CLASSES

- Classes requiring advance reservation may only be reserved the day of the class, either in person or by telephone. Please refer to weekly schedules for list of classes requiring reservations. We will accept up to two reservations by one individual.
- A waiting list is provided for each class. In the event of a cancellation or no-show; please see the Instructor before class begins to see if there are any openings.
- Be on time. The warm-up is important to avoid injury. For safety reasons, no class participants will be admitted into class after the first 10 minutes.
- Do not take equipment out of group exercise classroom to workout at any time.
- Do not enter the studio before the previous class has finished.
- Proper athletic shoes must be worn at all times.

SPIN and GROUP CYCLING

- All SPIN classes require RESERVATIONS. Classes may be reserved the day of class, either in person or by telephone. We will accept up to two reservations by one individual.
- A water bottle and towel are MANDATORY for class.
- Once class has begun, no member or guest may enter the group cycling room.
- If you have an existing medical condition that prevents you from following the routine, alert the instructor prior to class.
- Proper athletic shoes are to be worn at all times. No high tops shoes.
- Please wipe bikes with disinfectant spray and towel at end of class.

FITNESS ROOMS- STRENGTH EQUIPMENT

- Fitness equipment orientation appointments can be made via the Member Services Desk either by phone or in person. Members must supply name and phone number.
- Personal Training is recommended for those with special needs and those with little or no fitness experience.
- The Fitness Instructor on duty has the final authority over the use of the equipment.
- Please refrain from using heavy cologne or other fragrances when working out.
- Backpacks, book bags, duffle bags, etc. are not allowed on the gym floor.
- Lifting belts are to be removed when using equipment.
- After completing your exercise, please wipe equipment with disinfectant spray and towel.

FREE WEIGHT AREAS

- Shirts and proper athletic shoes are required. Jeans, flip flops, open-toed sandals and work boots are prohibited in weight rooms. Shirts covering the chest and back are required.
- After finishing your weight training, please return plates and dumbbells to their original racks.
- Free weight collars must be used. Always use a spotter when lifting heavy weights.
- Heavy dumbbells are not to be rested on benches between sets.
- Dropping dumbbells, bars, or weight stacks is PROHIBITED, as is yelling or offensive language.
- Backpacks, book bags, duffle bags, etc. are not allowed on the gym floor.
- After completing your exercise, please wipe equipment with disinfectant spray and towel.
- The use of chalk is PROHIBITED.

TREADMILLS & CROSS TRAINERS

- Proper athletic wear and athletic shoes are required.
- Reservations System is in use at all times.
- Use of cell phones is prohibited while utilizing Cardio Equipment.
- Please wipe perspiration off equipment with disinfectant spray and towel.

BABYSITTING

- Children under 14 years of age are NOT PERMITTED in the club at any time unless signed up for an age-appropriate class.
- A signed Release of Liability Waiver is REQUIRED.
- For obvious safety reasons, only the ADMITTING PARENT may sign out a child.

POOL RULES

- SHIRTS and SHOES are required when accessing the pool area through club or when leaving the pool area.
- NO WET BATHING SUITS ARE ALLOWED IN THE MAIN LOBBY.
- No Cut-off shorts or 'thong-style' suits are allowed.
- NO DIVING. Running, pushing or horseplay is prohibited in the pool area.
- Showers are required before entering the pool or whirlpool/spa.
- Members or Guests who have colds, coughs, inflamed eyes, infections, or are wearing bandages may be refused admission to the pool at the discretion of the Aquatics Department staff.
- Infants and toddlers must wear swim diapers or bathing suits with rubber pants over diapers.
- Any loose or dangling jewelry should be removed prior to entering the pool.
- No gum, beverages, food or glass containers are permitted in the pool area.
- Parents are responsible to make sure their children observe all rules and obey instructions.
- Failure to comply with these rules and all other rules posted in the pool area shall be considered sufficient

cause for suspension of pool privileges by the Management of Tilton Fitness and Wellness.

SPA/WHIRLPOOL RULES

- NO ONE under 16 years of age is allowed in the SPA/WHIRLPOOL due to safety reasons.
- Pregnant women, elderly persons, those suffering from heart disease, diabetes, high or low blood pressure or those using prescription medications should not enter the hot tub or spa without prior medical consultation and permission from their doctor.
- Unsupervised use by children is prohibited.
- Do not use alone.
- Shower before entering.
- Observe a 15-minute time limit, then shower, cool down and, if you wish, return for another brief stay.
- Long exposures may result in nausea, dizziness or fainting.

MISCELLANEOUS

- TOWELS or WRAPS are required to be worn at all times in the Locker Rooms. This includes the steam room areas.
- Cell phones of any type are strictly prohibited in the Locker Room areas and Fitness / Cardio areas.
- Any members whose account is 30 days in arrears will have their club privileges revoked until paid in full. The club reserves the right to terminate the membership of any member 60 days in arrears.
- Returned checks due to insufficient funds or a closed account will result in a return item charge of \$30.00 per occurrence. Returns of monthly Electronic Funds Transfers for any reason will result in a \$10.00 processing fee for each occurrence.
- A member may cancel their membership after the membership obligation is met. Written notification is required 30 days in advance prior to next billing.
- After membership obligation is met, a member may place their membership on inactive status by providing 30 days advance written notice. Inactive accounts will be charged a flat rate of \$5 per member/per month.
- Membership cards must be returned upon cancellation of membership.
- Lost membership card cost is \$5.00
- Electronic Funds Transfer is deducted on the 1st of each month and is payment for the following month.
- The club specifically reserves the right to add, delete, or change equipment, facilities, instruction, or in any manner, facilitate changes in the club operation as management, in its sole discretion deems appropriate.
- All members and guests are expected to conduct themselves in an appropriate manner at all times.
- Tilton Fitness and Wellness is a non-smoking property.
- NO PETS are permitted in club.

Please observe and follow all posted additional rules, regulations, and guidelines throughout club. We hope this information will increase your enjoyment of our facilities and staff.

THE RULES & REGULATIONS STATED ABOVE ARE NOT MEANT TO COVER EVERY SITUATION THAT MAY ARISE, BUT ARE REFLECTIVE OF OUR THINKING ON PROVIDING MAXIMUM SERVICE AND SAFETY TO OUR MEMBERS. THESE RULES & REGULATIONS ARE SUBJECT TO THE DISCRETION OF THE MANAGEMENT AND SHALL BE AMENDED AT THE SOLE DISCRETION OF THE MANAGEMENT. FAILURE TO COMPLY WITH ANY RULE OR REGULATION, AS THEY NOW EXIST OR MAY BE AMENDED, MAY RESULT IN MEMBERSHIP SUSPENSION OR TERMINATION.