

**TILTON FITNESS AND WELLNESS ~ NORTHFIELD**  
**RULES and REGULATIONS**

All members and guests are required to follow the rules and regulations of Tilton Fitness. 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 Services 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. Member's acceptance of the lock is deemed an acceptance of responsibility for the return of such to the Member Services Desk upon departure from the club and member agrees to pay the club's established fees for items not returned.
- Lost Locks \$15.00

**GUEST POLICY**

- Proper identification is required for all guests.
- Must be 18 years or older. (No proof of age/No admittance)
- Guest fee is \$16.00 per visit for Non Members.
- Guest fee for Members is \$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 a 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 under 14 years old are not allowed in club. When using Babysitting at the Kid's Klub, REAR ENTRANCE only is to be used.
- 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.
- All members and guests UNDER the age of 18 are permitted use of the club from 5am-10pm Sunday through Thursday and 5am-9pm on Friday and Saturday. **NO ONE UNDER THE AGE OF 18 IS ALLOWED ACCESS TO THE CLUB OUTSIDE THESE TIMES.**

**PROPER ATTIRE – ALL AREAS OF CLUB**

- Shirts and shoes **MUST** be worn at all times in the public areas of the club.
- **JEANS** and **WORK BOOTS** are **PROHIBITED** in workout areas.
- Shirts and proper athletic shoes must be worn in the exercise areas and on the courts of the club.

**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 vehicles or possessions while in the parking lot.

**COURT USE**

- When making reservations, by phone or in person, members are required to provide their name and the name of person(s) he/she will be playing.
- You may only have one active reservation in the log at a time. You may not make multiple reservations. No further reservations may be made prior to the use of the first.
- Reservations will not be held unless at least one player has checked in prior to court time.
- Use of courts other than those reserved at the Member Services Desk is prohibited.
- **NO DARK SOLED** shoes are permitted on the courts.
- **PROTECTIVE EYEWEAR** must be worn at all times.
- All racquets must have wrist thong, which must be used at all times.
- Management reserves the right to exclude use of courts for the purpose of tournament play or other private club functions.

## **SPINNING® CLASSES**

- All SPINNING® 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.
- Please wipe bikes down at end of class to absorb perspiration.

## **GROUP EXERCISE & 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 at any time take any equipment out of group exercise room.
- Do not enter the studio before the current class has finished.
- Proper athletic shoes must be worn at all times.

## **FITNESS ROOMS**

- 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 sweat off equipment with towel.

## **FREE WEIGHT ROOMS**

- Shirts and proper athletic shoes are required. Jeans and work boots are prohibited in weight rooms.
- After finishing your weight training, please return plates and dumbbells to their original racks.
- Free weight collars must be used and 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
- Please wipe sweat off equipment with towel.
- The use of chalk is PROHIBITED.

## **TREADMILLS, CROSS TRAINERS & ELLIPTICALS**

- Treadmills, Cross Trainers & Ellipticals may only be reserved for 30 minutes. (Double sign-up will result in loss of both reserved times)
- Please start your Treadmill, Cross Trainer or Elliptical reservation on time. Reserved time will not be held after 5 minutes.
- Please wipe perspiration off equipment with towel.

## **BABYSITTING**

- Children under 14 are NOT PERMITTED in the club at any time.
- ALL CHILDREN are to ENTER through the KID'S KLUB rear entrance.
- 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 through club or leaving the pool area.
- NO WET SUITS ARE ALLOWED IN THE MAIN LOBBY OR JUICE BAR.
- 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.
- SWIMMIES are NOT permitted in the pool at any time.
- Infants and toddlers must wear 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 is 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.

## **SPA/WHIRLPOOL RULES**

- NO ONE under 16 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 sauna and steam room 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.
- Return checks due to insufficient funds or 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 one-year obligation is met. Written notification is required 30 days in advance prior to next billing.
- After one-year member may place their membership on inactive status by providing 30 days advance written notice. Inactive accounts will be charged a flat rate of \$15 per member/per month. Limit three months per year.
- Membership cards must be returned upon cancellation of membership.
- Lost membership cards \$5.00
- Electronic Funds Transfer is deducted on or about 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.
- NO PETS are permitted in club.
- CELL PHONE use is PROHIBITED in the club at all times.

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.