

# **TILTON FITNESS**

## **RULES and REGULATIONS**

Summarized below are the key rules and regulations of Tilton Fitness. All members and guests are required to follow these rules and regulations which were put into place to protect you, our members and guests, and to ensure everyone enjoys our facilities in a safe, organized manner. Under your membership agreement, you are responsible for complying with all Tilton Fitness policies, including those outlined in this document. Tilton Fitness reserves the right to cancel, revoke, or suspend your membership for any violation of the Tilton Fitness Rules and Regulations.

### **CHECK IN**

- You are required to check in at the front desk upon entry to Tilton Fitness and, in order to use the facility, you must display your membership card, mobile app barcode, or other access and identification made available by Tilton Fitness.
- Tilton Fitness reserves the right to prohibit you from accessing the facility if there are any outstanding past-due amounts payable to Tilton Fitness of your membership is otherwise not in good standing.
- Firearms and other weapons are strictly prohibited on the premises of the club.

### **GUEST POLICY**

- Guests must complete a Guest Registration Form and provide proper photo identification.
- 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.
- Guests must comply with all applicable Tilton Fitness rules and regulations while in the club.
- Tilton Fitness reserves the right, in its discretion, to limit the clubs and/or hours available to guests, limit the number of times any one individual may access Tilton Fitness as a guest, and prevent any individual from accessing Tilton Fitness as a guest.
- Guests must be 18 years or older. Proof of age is required.
- \*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 the club as the guest of a member parent or member legal guardian.

### **MEMBER CONDUCT**

- You are expected to act in a respectful and socially acceptable manner while using the facility and to be mindful of others' physical and personal space. You may not engage in behavior or conduct that Tilton Fitness, in its discretion, considers unruly or inappropriate. This includes but is not limited to harassing, antagonizing, threatening, touching, or otherwise acting in an aggressive, indecent, illegal, or inappropriate manner toward another member, guest, employee, or other individual.
- Tilton Fitness reserves the right to remove you from any facility and/or revoke, cancel, suspend or otherwise limit your membership, and/or notify law enforcement if you engage in any conduct or behavior that Tilton Fitness, in its discretion, considers inappropriate, unsafe, unlawful, or otherwise in violation of Tilton Fitness rules and regulations.

### **CELL PHONE USE**

- The use of cell phones, cameras, or other recording devices in Tilton Fitness locker rooms is strictly prohibited.

- As a courtesy to other members and guests, you may not speak on your cell phone or utilize any video chat applications while on the fitness floor. You may take photos or videos in public places for your personal use, but you may not intentionally record another individual without their permission. If you post a photo or video on social media that includes another member or guest and that member or guest complains, Tilton Fitness reserves the right to ask you to remove the post.
- Tilton Fitness phones are not available for personal use.

#### **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.
- In certain classes, such as yoga, the instructor may suggest that you remove footwear for better enjoyment of the class.

#### **GROUP FITNESS CLASSES**

- Classes requiring advance reservation may only be reserved 24 hours prior to the start of class. Reservations may be made through our mobile app, in person, or by telephone. Please refer to weekly schedules for list of classes requiring reservations.
- 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 room at any time.
- Do not enter the studio before the current class has finished.
- Proper athletic shoes must be worn at all times.

#### **FITNESS FLOOR**

- Fitness equipment orientation appointments can be made with the Member Services Desk either by phone or in person.
- Personal Training is recommended for those with special needs and those with little or no fitness experience.
- Please refrain from using heavy cologne or other fragrances when working out.
- Lifting belts are to be removed when using equipment.
- After completing your exercise, please wipe sweat off equipment with disinfectant wipes or spray provided throughout the facility.
- 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.
- The use of chalk is **PROHIBITED**.

#### **BABYSITTING**

- A signed Release of Liability Waiver is **REQUIRED**.
- For obvious safety reasons, only the **ADMITTING PARENT** may sign out a child.
- All children are to enter through the main entrance of the club.
- Parents are required to show their membership card and give their location to the club while using the babysitting services.
- Parents must remain on the premises during the entire childcare session

- There is a time limitation of 2 hours for our childcare.
- Please note, we will not admit any children who show symptoms of the following illnesses:
  - Constant Cough
  - Heavy Nasal Discharge
  - Diarrhea
  - Upset Stomach
  - Sore Throat
  - Red or Runny Eyes (Conjunctivitis or Rash)
- To maintain the health and well-being of our little members, we require that any child admitted into our childcare program must be immunized. Tilton Fitness staff has the final decision regarding the admittance of a possibly contagious child.
- Diaper changes are the responsibility of the parents. If your child needs to be changed, we will page you.
- As the leading gym in NJ, it is our goal at Tilton Fitness to provide a safe, secure, and fun environment for your children. As a result, you will be paged and required to come to the Kids' Club area for some of the following situations:
  - If your child is crying consistently for 15 minutes
  - If your child is displaying violent behaviors or actions:
    - Biting
    - Scratching
    - Hitting
    - Throwing Items
    - Shoving
- If our childcare center has reached full capacity, the sitter cannot admit additional children until attendance has been reduced.

#### **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.
- 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 Guest 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 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.

#### **PERSONAL PROPERTY**

- Please avoid bringing valuables onto the Tilton Fitness premises. To the maximum extent permitted by law, Tilton Fitness will not be liable for the loss or theft of, or damage to, any personal property of you or your guests, including without limitation any items left in lockers, locker rooms, studios, or elsewhere in any Tilton Fitness facility.

#### **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.

#### **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 Service 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.

#### **MISCELLANEOUS**

- TOWELS or WRAPS are required to be worn at all times in the Locker Rooms. This includes the sauna area.
- 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 \$25.00 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 their membership obligation is met. Written notification is required 30 days in advance prior to next billing.
- A member may place their membership on inactive status after their membership obligation is met 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.
- 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.
- Tilton Fitness is a Tobacco and Smoke-Free property.
- For the safety of our members, PETS and other emotional support animals are NOT 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.