

Fitness Floor Policy

AGE 14+ ALLOWED UPSTAIRS ON FITNESS FLOOR AND EQUIPMENT

- Staff is available to show proper use of equipment; ask for assistance.
- Spotters and weight clips must be used for safety on all applicable lifts and weights should never be dropped or slammed.
- Proper athletic attire required.
- Patrons must sanitize all weights and equipment before and after use and return all items to their proper racks.
- Offensive language and harassment of any sort will not be tolerated.
- Photography and videography are strictly prohibited anywhere on the fitness floor to protect the privacy of our guests.
- No bags or belongings are to be left on the floor; please use designated lockers or cubbies as the center is not responsible for misplaced, stolen, or damaged items.
- Headphones must be used while listening to personal devices.
- Food must be consumed in designated areas. All beverages must be in sealed containers.

Track Policy

The track is about 14 laps/mile

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- Children may accompany adults if they are in a stroller or chest/back carrier.
- Strollers are limited to the walking path.
- Use caution when entering/exiting the track.
- All users must travel in the same direction as indicated.
- Track is for active use only. Please maintain continuous movement.
- Headphones must be used while listening to personal devices.
- Food must be consumed in designated areas. All beverages must be in sealed containers.

Gym/Court Policy

Members must abide by the Code of Conduct

- Food must be consumed in designated areas
- All beverages must be in sealed containers
- Athletic shoes & non-marking soles must be worn while playing. No open-toe shoes are allowed.
- Proper Athletic attire required
- No hanging on rims/nets.
- No kicking basketballs or volleyballs
- Organized practices are not allowed.
- No offensive language, spitting, or lewd behavior; be respectful to others.
- Full court games may be downsized to allow more guest play – unless rented

Wellness Suite

To maintain a rejuvenating, safe, and professional environment for all members, the following policies apply to the **Wellness Suite**. Access to this area is an exclusive benefit for members who have added the Wellness Suite Agreement to their plan. Wellness Suite: only available with purchase of day pass and/or monthly/annual pass; 16 and older

Access & Eligibility

- **Age Requirement:** For safety and liability reasons, users must be **16 years of age or older** to access and use the Wellness Suite.
- **Walk-In Basis:** The suite operates on a **first-come, first-served** basis.
- **Entry Requirements:** Only members with an active Wellness Suite add-on are permitted entry. Bringing unauthorized guests or minors into the suite may result in a suspension of privileges.

SAUNA RULES

FOR YOUR SAFETY, PLEASE FOLLOW THESE GUIDELINES:

30 MINUTE MAXIMUM SESSION

BRING YOUR OWN TOWEL: A towel must be used on benches at all times.

PROPER SWIMWEAR ONLY: No cotton or street clothes.

NO SHOES ALLOWED

NO ELECTRONICS, FOOD, OR DRINK

USE AT YOUR OWN RISK.