

FACILITY ORIENTATION

Club Check-in Procedures

Guest Policies

Club Rules

Cardio Area Rules (Time limits, etc.)

Treadmill Use (Stop Cords, How to get on/off)

Free Weight Area (i.e. spotters, re-rack weights, etc.)

Group Studio Rules

Locker Room Rules

Childsitting Policies

Tanning Rules & Procedures

Pool Rules (If applicable)

Spa Rules (If applicable)

Sports Courts Rules

I, _____, have completed the club's orientation program with a staff member covering the areas listed above. I understand these policies and procedures and agree to follow them accordingly. I understand that not following these policies could lead to the termination of my membership.

Client Signature: _____ Date: _____