



# CLUB ETIQUETTE

**1. Proper Conduct** - Proper and respectful conduct is required at all times towards staff, members, vendors and the property.

**2. Hygiene** - For health purposes and the consideration of others, general personal hygiene is expected. Please refrain from heavily scented perfumes, colognes and lotions.

**3. Proper Attire** - Members are required to wear appropriate clothing and footwear while in the facility. The general guidelines are gym shorts, t-shirts, jogging, aerobic and sweat outfits and closed-toed shoes are allowed, but street clothes/shoes and denim are not permitted along with offensive apparel bearing inappropriate slogans or symbols. Shirt and shoes must be worn at all times. Outdoor shoes are not permitted in the Fusion and Hot Yoga studios.

**4. Locker Rooms** - Respectful behavior and proper etiquette are required at all times in the locker rooms. Sleeping, spitting and sexual conduct are absolutely not permitted. Shaving is not permitted in the steam room or sauna and members are not permitted to use the sauna, steam room or whirlpool in the nude. Please drop all towels in the designated towel bins prior to leaving the club. Overnight locks are prohibited.

**5. Family Locker Rooms** - Children must be accompanied at all times by a parent, legal guardian or responsible adult when using the family locker rooms.

**6. Personal Training** - We do not allow any members or guests to solicit or conduct personal training services on the premises.

**7. Photography and videography** - Cellular phones and other devices may not be used in photographic or video modes in the Locker Rooms.

**8. Prohibited belongings** - Alcohol, weapons, and drugs are not permitted

## Fitness Floor Etiquette

**1. Age Requirement** - Must be 12 years or older to use the fitness floor and other workout areas with guardian approval.

### **2. Fitness Floor Etiquette**

- Please return equipment to its designated area when you are done using it.
- Members must refrain from dropping free weights.
- Members are not permitted to reserve equipment.
- We request all members to wipe down the equipment with sanitary wipes after use.
- The use of chalk is not permitted.
- Food is not permitted on the fitness floor.
- Drinks must be contained in unbreakable, sealable bottles.

**THANK YOU** for your mindfulness