

MEMBERSHIP RULES AND CLUB ETIQUETTE POLICIES

Member agrees to abide by the following membership rules and etiquette policies of Gateway Hills Health Club (GHHC). Rules & policies may be amended from time to time, at Gateway Hills Health Club sole discretion.

1. Present valid membership card or wristband to be admitted to GHHC.
2. Show respect for the equipment, facility, and other members.
3. Gym bags or personal belongings are prohibited on gym floor.
4. Store all personal items in the locker rooms.
5. Do not talk on your cell phone while on the gym floor.
6. Do not move or rearrange the equipment and/or exercise machines, unless otherwise permitted.
7. Do not use offensive language or make loud noises.
8. Use a spotter when lifting heavy weights.
9. Do not drop or throw the weights.
10. Keep hands and loose clothes away from weight stacks, cables, and pulleys.
11. Proper athletic attire is required at all times: Shirts and athletic shoes must be worn. No sandals, open-toe shoes, or bare feet.
12. Plastic or metal water bottles are allowed on the gym floor. All other drinks, food, and glass containers are not allowed.
13. The use of photographic equipment to take pictures of any person in the fitness center is prohibited without consent.
14. Please wipe off equipment after use with the sanitizer(s) that is provided.
15. Please pick up trash, towels, and personal belongings before leaving.
16. Offensive body odor will not be tolerated.
17. Try to leave the center in better condition than when you arrived.
18. Member's guests are permitted for a fee of \$15 per day.
19. All member's guests must register at the front desk, present photo identification and complete a liability waiver prior accessing GHHC
20. Members who bring non-register guest into GHHC will be fined \$59.
21. Membership transfers are prohibited.
22. Member is responsible of monthly dues and membership fees regardless of their club usage.
23. Lockers are provided for the benefit and convenience of member's daily use only.
24. Management is not liable for the loss, theft, or damaged personal property of member or guests, including items left in lockers overnight.
25. Children under 16 are not permitted.
26. Proper athletic attire and footwear required.
27. No street clothes, street footwear, dress shoes, sandals, or boots permitted in fitness area.
28. Use of non-Gateway Hills Health Club Personal Trainers in the Club is prohibited.
29. Member agrees to pay replacement cost for equipment or facility damages they cause accidentally or intentionally.
30. Management has the right to suspend or terminate memberships of individuals who fail to follow the GHHC membership rules and GHHC club etiquette policies.

WAIVER & RELEASE

1. I acknowledge a fully understanding of the inherent dangers and risks associated with the use of this facility and/or any fitness/wellness activity occurring therein.
2. I acknowledge that participation in this facility is strictly voluntary.

3. I acknowledge it is recommended that I seek approval from my physician before implementing an exercise regimen, as there may be significant health risks associated with exercising.
4. I understand that injury or death may result if equipment is not used properly.
5. I understand that in the event of accident or injury, personal judgment may be required by GHHC employees, agents, representatives, or volunteers regarding what actions should be taken on my behalf. Nevertheless, I acknowledge that GHHC and/or by GHHC personnel may not legally owe me a duty to take any action on my behalf.
6. I declare myself to be physically sound and suffering from no condition, impairment, disease, infirmity, or other illness that would prevent my participation in any fitness/wellness facility activity.
7. I acknowledge that I have either had a physical examination and have been given a physician's permission to participate in these activities, or I have decided to participate in these activities without the approval of my physician.
8. In consideration for being permitted to participate in this program, and because I assume all risks involved, I hereby agree that I am responsible for any resulting personal injury, damage to or loss of my property which may occur as a result of my participation or arising out of my participation in the GHHC fitness Center or any fitness/wellness activity occurring therein.
9. I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, hereby release, indemnify, and hold harmless GHHC, its officers, officials, agents students and/or employees ("Releases") from any and all claims, demands, damages, rights of action or causes of actions, present or future, arising out of my use or occupancy of the GHHC or any fitness/wellness activity occurring therein, including any injuries arising from the negligence of the Releases or otherwise, to the fullest extent permitted by law.
10. I further state that I am at least eighteen (18) years of age and fully competent to sign this document; and that I execute this release for full, adequate, and complete consideration fully intending to be bound by the same.

ACKNOWLEDGEMENT & CONSENT

1. **I ACKNOWLEDGE THAT I HAVE THOROUGHLY READ THIS ENTIRE AGREEMENT.**
2. **I UNDERSTAND AND AGREE TO THE MEMBERSHIP RULES AND CLUB ETIQUETTE POLICIES.**
3. **I UNDERSTAND AND AGREE TO THE WAIVER AND RELEASE.**

Signature: _____

Date: _____