

RULES

- All members must sign in at Southeast Health Fitness (SHF) front desk.
- Personal music should not be played out loud.
- Members will be responsible for their family members while using SHF.
- To obtain a family membership the individual must be immediate family (spouse and children) to primary member and between the ages of 12-24.
- Members must conduct themselves in a manner that is respectful towards staff and other members in the facility.
- Food is not permitted in the fitness room. Closed, plastic beverage containers are allowed.
- Abuse, misuse or mistreatment of SHF property and/or equipment is prohibited.
- Wipe down equipment after each use (cleaner is provided).
- Return plates and dumbbells to the racks provided.
- Circuit training has priority. Please allow others to “work in” (share) the circuit equipment in between sets.
- Cardiovascular equipment use is limited to 30 minutes when people are waiting.
- Using a spotter when lifting weights is recommended. You are exercising at your own risk.
- Southeast Health is not responsible for personal belongings lost or stolen in the facility.
- Report any equipment problems to the staff of SHF.
- Members will refrain from using any profane or foul language that would be destructive or offensive.
- No drinking of alcohol and/or illegal drug use, possession of alcohol and/or illegal drugs, or being under the influence of alcohol and/or illegal drugs.
- No smoking allowed. Southeast Health Fitness is a smoke-free facility.
- No threatening, intimidating, coercing, interfering or any form of harassment of fellow members is allowed.
- All members are responsible for picking up their own bottles, trash, etc.

24 HOUR MEMBERSHIP

- Must be 18 or older to obtain a 24-hour membership.
- Mandatory one-time fee of \$20 (replacement card \$10) for each 24-hour membership.
- Only one 24-hour member may enter the gym front door at a time during non-staffed hours.
- Card sharing is strictly prohibited and will result in immediate loss of membership. Card sharing is viewed by Southeast Health Fitness as stealing services.
- Only active account members will be allowed entry.
- If payment issue occurs, key fob will be deactivated until issue is resolved.

DRESS CODE

- Members will refrain from wearing revealing, offensive or inappropriate clothing (example: sports bra without a shirt covering, g-string, body suits, bathing suits, and Speedo type or revealing shorts).
- Members will wear a shirt at all times. Shirt must meet the top of the pants (no crop tops).
- Rubber soled shoes that cover the entire foot must be worn at all times. For health and safety reasons, sandals, spiked shoes, and flip-flop types of shoes are not permitted while working out.

I agree that improper unauthorized use of the facility may result in member suspension or cancellation. I agree not to let anyone use my card for any reason, and I agree to report any situation that appears to be card sharing to the gym staff. I understand that one act of card sharing will result in immediate membership suspension or termination. The gym reserves the right to suspend or cancel the rights, privileges and membership of any member whose actions are detrimental to the use, safety, and enjoyment of the facilities. Any infraction of the rules may be investigated. Members or family members can have another worker present as a witness and/or representative during a discussion with management officials who are investigating an incident of misconduct or a possible serious rule violation. If the results of the investigation demonstrate that the rules of Southeast Health Fitness were violated, membership may be revoked and disciplinary action up to and including termination may occur.

Members Signature

Date

Family Members Signature

Date

Family Members Signature

Date