

RULES

- All members must sign in and present ID upon entering Southeast Health Fitness.
- Members must conduct themselves in a manner that is respectful toward staff and other members in the facility.
- Food is not permitted in the fitness room. Closed, plastic beverage containers are allowed.
- 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 Southeast Health Fitness.
- Members will refrain from using any profane or foul language that would be destructive or offensive to other employees.
- Abuse, misuse or mistreatment of Southeast Health Fitness property and/or equipment is prohibited.
- 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.
- Members will be responsible for their family members while using Southeast Health Fitness.
- All members are responsible for picking up their own bottles, trash, etc.
- To obtain a family membership the individual must meet the following criteria
 - The minimum age for family membership is 12 years with a maximum age of 24.
 - A family member is defined as immediate family (spouse and children)

For 24 Hour Membership

- Mandatory 24-hour membership one time card fee of \$20 (replacement card \$10)
- 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 ownership as stealing services.
- Only active account members will be allowed entry
- Pre-approved 24 hour members between the age of 12 and 17 must be accompanied by an approved member parent until they reach the age of 18.
- Family member between the age of 18-24 may work out unaccompanied.
- If payment issue occurs, key fob will work until the 6th of each month and then will be deactivated until issue is resolved.

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.

SOUTHEAST HEALTH FITNESS DRESS CODE

Members will adhere to professional appearance guidelines that will not be revealing, offensive or inappropriate. This is to ensure that all members feel comfortable and free to achieve their fitness goals. Members will, using their best judgment, refrain from wearing inappropriate attire (example sports bra without a shirt covering, g-string, body suits, bathing suits, and Speedo type or revealing shorts) and/or anything deemed by the Southeast Health Fitness Management as revealing or inappropriate. Members will wear a shirt at all times. 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.

Family Members Signature

Date

Members Signature

Date

Southeast Health Fitness Staff Signature

Date