CLUB POLICY
HARDBODIES GYM & FITNESS CENTER

1. **Letting other people into the gym (including other members) is strictly prohibited. Doing so will result in a $50 fine and a 1-week suspension from the gym. If you violate this policy a second time, the fine is $100 and a 1-month suspension. A third violation of this policy will result in permanent expulsion from the gym. (**Those whose key fobs or codes aren't working need to contact management to ensure there isn't a problem with their membership.)
2. Due to insurance restrictions, anyone under the age of 18 will not be permitted to work out without a parent or guardian present and no one under the age of 16 can be allowed in the club *at any time*—**no exceptions**.
3. Appropriate, clean workout clothing should be worn at all times. Shirts and shoes are required. No open-toed shoes and **no street clothes**.
4. No yelling profanities.
5. Hardbodies is a drug-free gym. The use of any type of drug (including but not limited to steroids) is prohibited.
6. You are welcome to play your own music during your workout, but please use earbuds or headphones. Do not play anything that can be heard by others in the gym.
7. Do not abuse the equipment. Do not throw or drop the weights. Use collars when using the plates with free bars. Strip the bars and rack the plates when you are finished. Use common sense and good judgement when using the fitness machines. Do not use equipment or do an exercise if you are unsure how to do it correctly.
8. There is a 350-pound weight limit on the cardio equipment, with the exception of the bikes. Anyone weighing more than that should refrain from using those pieces of machinery.
9. Spray bottles of disinfectant and rags are located throughout the gym. Please use them to wipe down the equipment after you use it.
10. Please do not place your hands on the mirrors.
11. Keep the work out area and locker rooms clean. Throw away trash and keep personal items picked up.
12. You are welcome and encouraged to use a locker while you are working out, instead of setting clothing, duffle bags, and other personal items on the equipment or benches. However, you must remove your items and your lock from the lockers each day. There are not enough to allow all members to have permanent, personal lockers.
13. Any locks left on overnight will be cut off and locker contents impounded. A $5 fee will be charged for impound.
14. Hardbodies Gym is not responsible for lost or stolen items.
15. Sweat towels are provided free of charge. Please deposit used towels in the laundry basket at the front.
16. There is a 20-minute time limit on the cardio machines if there are more than 20 people in the gym. Please be courteous and observe this limit.
17. Circuit training ties up multiple pieces of equipment for an extended time. You must allow other members to "work in" and use equipment along with you when circuit training during peak busy hours.
18. Gym rules are posted throughout the building for your safety and the safety of others. Please take note and follow them.
19. It is up to you, as the member, to make the money you paid for your membership "worth it." There will be no refunds or extensions on months purchased for time that you miss or do not use.

ANY VIOLATION OF THESE POLICIES MAY RESULT IN YOUR PERMANENT EXPULSION FROM THE GYM.

BY SIGNING BELOW, I HEREBY CERTIFY THAT I HAVE READ AND UNDERSTAND THIS CLUB POLICY.

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ALL PEOPLE ON THE MEMBERSHIP MUST SIGN AND DATE THIS FORM Date