

# RULES & REGULATIONS

These Rules & Regulations (“Rules”) intend to provide the maximum use and enjoyment of the facilities and equipment of In-Shape Solutions, LLC dba In-Shape Family Fitness (ISFF) by its members and their guests. We believe these Rules constitute the best current solutions to the many complex issues and concerns associated with a club operation as large and active as ours. The obligation to enforce these Rules lies primarily in the hands of the ISFF Club Management whose principal responsibility is to assure members of all the courtesies, comforts and services that we provide. It is also the duty of the members to know the Rules and to cooperate with ISFF management in their enforcement. ISFF shall have the unqualified right to make such Rules, as it deems necessary or appropriate in its sole discretion. The Rules may be revised, amended, supplemented, modified or repealed by ISFF management at any time, and without prior notice. Any revised, amended, supplemented, or modified Rules shall become effective and enforceable immediately upon the posting of same on ISFF’s website at [inshape.com/membership/rules-regulations](http://inshape.com/membership/rules-regulations) and at the Clubs. ISFF reserves the right at any time to suspend the privileges or cancel the membership of any individual for failure to comply with any Rules or policies of ISFF, or for any conduct ISFF deems to be improper or harmful to the best interests of ISFF, its staff and its members.

## MEMBERSHIP

### MEMBERSHIP CONTRACT

Each member must have a membership contract with ISFF or be listed as an additional member on a contract.

### RELEASE OF LIABILITY AND ASSUMPTION OF RISK

All adult persons 18 years of age and older seeking access to ISFF’s facilities as a member or guest are required to sign a Release of Liability waiver to use the club.

# CATEGORY OF MEMBERSHIP (Changes Effective 4.1.2016)

**Single.** A single membership is defined as Holder of 18 years of age or older.

**Single with Add On allows additions** of up to (4) adults and up to (8) children. Child add on must be main members children or wards under 12 years of age who reside as permanent members of the Holder's household. The primary member is financially responsible for all members (add-ons) on the account. Primary will be required to pay an additional fee for each "Add On".

## CLUB ACCESS

Many levels of club access exist to allow members to choose the price and access level right for them. You are entitled to access and use the clubs available at the specific club level indicated on your membership contract when you joined. Future clubs developed by ISFF may not be included in your current level of access. Please visit the [Club Levels page](#) to view club level access by network.

## DUES

The obligation to pay dues is not dependent on the availability of all the Club's facilities or the member's frequency of use. Tournaments, repairs, maintenance of some facilities, and/or other occurrences may make it necessary for the Club to restrict the use of one or more facilities or to close the Club temporarily. The Club will not reduce or suspend dues during the time when facilities are not available.

## CHANGE OF ADDRESS

Members must notify the Club of any change of address, and can do so easily by updating their contact information under the *Profile* section in the [In-Shape app](#). Members who fail to do so shall be deemed to have received any communications sent by us and properly addressed to the address we have on file for the member at the time of sending, and such member shall be deemed to have waived any claim that notice was not properly given.

## PAYMENTS

All payments made within the club should take place at the Welcome Desk, and get a receipt.

## ANNUAL FEE

The Annual Fee is aggregated and used by ISFF in its sole discretion for maintenance and capital improvements at all or any of its clubs. The Annual Fee is not dues or prepayment for any services. It is fully earned when charged/billed and is not refundable. This fee excludes paid in full memberships. See our [Annual Fee FAQs](#) for more info.

## PROFILE PHOTO

Every member must have a photo on file so we can identify you in our system. If you do not have a photo on file for one or more members on your account, please follow the steps here: [inshape.com/profile-photo](https://inshape.com/profile-photo).

## HOLD STATUS CHARGE

Certain membership types may qualify for a membership hold. Refer to your contract for details. For qualified memberships, after 30 days of active membership, a Member may request to have the membership placed on hold for a period not to exceed six (6) months, which ISCH may consent to in its sole discretion. If Member's hold is approved, Member will be charged a monthly hold fee in accordance with ISFF's current policy. No other membership fees and charges will be billed or collected during the hold period, except the Annual Fee if it becomes due during the hold period. Member may not use any club while on a hold.

## CANCELLATION

Your membership contract outlines your cancellation rights. Please refer to it for specific details. In most cases, Month-to-Month Memberships can be cancelled at any time upon 30 days' notice to ISFF given in one of the 3 ways described in the membership contract. Except as specifically provided in the membership contract, Paid-in-Full or Prepaid Memberships may not be cancelled by the member prior to the end of the term, but thereafter are automatically canceled. Main Member must provide an email address to receive club updates and other information, regarding their account state, member statements, correspondence, etc.

[Click here](#) for more information.

## PHYSICAL ACTIVITY READINESS QUESTIONNAIRE (PAR-Q)

ISFF strongly recommends that all members and guests have a complete physical examination prior to using its facilities. ISFF provides a PAR-Q form to assist you and your physician assessing your physical readiness to commence an exercise program. This form can be found at [inshape.com/par-q](https://inshape.com/par-q).

GUESTS Members in good standing shall be entitled to invite guests to the Club in accordance with the provisions of this section. ISFF may restrict the number of guests a member brings, how many times a guest may use the facilities in a given period of time, as well as the times during which a member may bring them to the Club. Members who bring guests must accompany their guests at all times, and are expected to familiarize their guests with the Rules and Club policies. Members shall be responsible for the conduct of their guests. If the manner or appearance of any guest is deemed by ISFF management to be unsatisfactory, the sponsoring member shall, at the request of ISFF management, require such guest(s) to leave the Club immediately. The Club may at any time, and from time to time, suspend or terminate the guest privileges of any member. Guest are subject to the applicable guest fee. Discounts are available for IHRSA Passport members. Any person who has previously had his/her membership terminated for conduct by the Club or is otherwise prohibited from Club usage may not be a guest at the Club. Guests Must: Register at the Welcome Desk upon arrival at the Club. Show proof of identification. Pay the prevailing guest fee or present a pass. Complete a Guest Waiver of Liability. Speak with a Fitness Advisor to have a guest pass authorized or pay the guest fee.

## CHILDREN (3 months up to 12 years old)

Children under 12 years of age are not allowed in any fitness areas (e.g., cardio room, weight room) and must be under constant adult supervision in all other areas. They may use tennis courts, racquetball courts, gymnasiums and swimming pools (where available and during posted Family Swim Hours only) only if accompanied and closely supervised by a parent or legal guardian at all times. Children under 12 years of age are not permitted in the Group Exercise studios unless they are participating in a club-sponsored activity specifically for children. Children are permitted in the locker rooms only when accompanied by a parent or legal guardian. Children four years of age and older may not use the locker room of the opposite sex. For safety reasons, children under 16 years of age are not permitted to use the saunas, steam rooms, whirlpool spas or therapy pools.

In-Shape Family Fitness is not a licensed childcare facility and is exempt from licensing pursuant to Health & Safety Code section 1596.792. ISFF only provides babysitting and Kid Zone facilities in accordance with the following restrictions:

1. A parent or legal guardian must be on the premises at all times for children to attend the baby sitting and Kid Zone facilities.
2. Children must be on a membership (along with a current photo) and may only be checked in or out by their parent or legal guardian on the same membership. Members may not bring cousins, friends or children they are babysitting even if the child is on another membership.
3. There is a two-hour maximum for any child (club time limits vary between 90 minutes and two hours).
4. Age limits: (where applicable)
  - Infants/Little Members: 3 months through 5 years old
  - Kids Club: 5 years up to 11 years old
  - Workout Floor: 11 years old and older

5. Food is not permitted. Drinks are permissible but must be in labeled spill proof bottles or drink cups with the child's name.
6. Parents are permitted to bring in electronic devices for children 5 years old and older.
7. Attendants do not assist in diapering, toileting, dressing, grooming, bathing, or other personal hygiene.
8. Attendants do not assist with taking medications. We do not store and/or distribute medications
9. Attendants do not monitor food intake or special diets, up to and including bottle feeding.
10. A child with cold or flu symptoms (e.g. runny nose, fever, eye or skin irritations, vomiting or diarrhea, etc.) will not be admitted. Attendants reserve the right to turn away children that appear to be sick.
11. If disciplinary action is necessary, a time out will be given as a temporary measure. If a child continues to present a problem or exhibits violent behavior, parents will be paged and asked to remove their child from the Kid Zone. If behavior that is deemed violent or harmful to others continues, a suspension may be implemented.
12. If a child cries for more than 10 minutes, the parent must remove the child.
13. Wet clothes or swimsuits are not permitted.
14. Children must wear shoes on the floor, socks in the maze. Bare feet are not permitted. Children must wear socks or shoes at all times. (Socks must be worn in the Playscape)
15. ISFF reserves the right to refuse the care of any child.
16. If an attendant feels that child safety is at risk because of overcrowding, we reserve the right not to admit any more children.

#### Additional Procedures

1. The same member should check their children in and out of the facility. If another parent is going to pick up the child, this must be indicated at check-in and a note will be placed in the computer system. That parent must also be on the membership with a valid picture.
2. Only a parent/guardian is allowed to drop off or pick up children from the Kid Zone.
3. Grand Parent Membership and Waiver required for Grandparents to drop off and pick up children.
4. If a parent attempts to pick up a child and the picture does not match our system or there is no picture on the system for the parent, Kid Zone Team Member must verify parent's identity with picture ID or with information on computer such as date of birth.

It may be necessary for a minor child to be accompanied by a Personal Aide "Attendant" due to medical and/or special needs reasons. a) Parent(s) making the request and the child should be on an active membership. b) "Aide/Attendant" must be Trust Line certified and must present the certification to the Club Manager for ISFF Human Resources Department approval. c) Release waiver must be signed by parent(s) and the "Aide/Attendant".

## CHILDREN (Juniors: 12 to 16 years of age)

Juniors may use Club facilities until 9:00 p.m. without adult supervision providing they follow all rules and regulations of the Club. After 9:00 p.m., parent or legal guardian supervision is required. Juniors may use the weight and cardiovascular equipment when they reach age 12. Children under 14 years of age are permitted to swim only under the direct supervision of a parent or legal guardian. Children under 16 years of age may not use a sauna, steam room, whirlpool spa or therapy pool. Juniors need approval from the Group Exercise instructor to participate in a Group Exercise class. Children are not allowed to play in the outdoor functional area. This area is designated for adults only.

## GUARDIAN

Legal Guardian - A legal guardian may be required to provide ISFF with documentation showing status of guardianship. Grandparent - Members may allow the Grandparent(s) to bring their children in to the club. The parent(s) must have the children on the membership and the grandparent(s) must have current/active memberships with In-Shape. The parent must complete a "Parent Authorization for Child to Accompany Grandparent" waiver, Member must notify ISFF in writing if at any time the grandparent ceases to be authorized by the parent to act as legal guardian of said children.

## CODE OF CONDUCT

### CONDUCT

ISFF Management reserves the right to suspend or terminate the privileges of members who do not conform to ISFF Rules. ISFF adopts a zero tolerance policy regarding inappropriate conduct. Such conduct may include (but is not limited to) loud, boisterous or obscene language and/or gestures; profanity or other offensive or abusive language; lewd conduct; harassment or abusive conduct towards members or employees; threats of violence or violent acts; attempts to reprimand Club employees; violation of the Club dress code; as well as any conduct that, in the sole and exclusive judgment of ISFF management, may endanger the best interest of the Club, its employees, members or guests. Members are also responsible for the conduct of their children and guests.

### DAMAGES

Any damage to ISFF's property by any member, his/her guest or children shall be paid for by the member.

### DRESS CODE

In workout areas, shirts must cover the back and chest; Shorts/pants must cover the entire bottom; Close-toed shoes are required at all times. Bare feet are permitted in the wet areas, locker rooms and exercise studios only. Stockings (or socks) covering feet, sandals, hard-soled dress shoes and jeans are not permitted.

Messages and images on attire or facial coverings that, in the sole and exclusive judgment of ISFF management, violate ISFF's policies against harassment or discrimination, are prohibited.

The Club may in its sole and absolute discretion disallow use of the Club to any person not in compliance with this policy.

## OBSTRUCTING EMPLOYEES

It is unbecoming, and shall be grounds for disciplinary action, including termination of membership, for members or guests to abuse any of the Club staff, verbally or otherwise. Members shall not instruct any Club staff, nor shall members request any of the staff to leave the Club for any purpose whatsoever. Members are requested to report misbehavior or violations of rules or laws committed by employees, and other members or guests, to the General Manager. Violations will be subject to disciplinary action as deemed necessary by ISFF. Members are not permitted to request special personal services from employees.

## SMOKING

ISFF is proud to provide a completely non-smoking environment. Smoking is not permitted anywhere on Club property.

## BICYCLES

Bicycles are not permitted in the Club.

## ANIMALS

Animals (with the exception of qualified service animals such as seeing-eye and medical dogs, for persons with disabilities,) are not permitted in the Club.

## SOLICITATION

Members cannot post or circulate commercial advertisements in or around the Club, nor can they solicit funds.

## PROHIBITED ITEMS

Weapons and illegal drugs are not permitted on Club property. Alcoholic beverages are not permitted, except at authorized club-sponsored social events. Use of anabolic steroids is prohibited.

## MEMBER COMMENTS OR SUGGESTIONS REGARDING FACILITY OR STAFF

Direct comments concerning operations of the Club, its staff and other matters may be reported to the Club General Manager or to the corporate office via the Internet [inshape.com/contact-us](http://inshape.com/contact-us).

## PHOTOGRAPHY

Photography of yourself or other members while in the club with mobile phones or other devices is strictly prohibited unless express permission is granted. Photography in locker rooms is strictly prohibited at all times. The Club reserves the right to photograph and/or videotape at any time in members' presence for promotional or other purposes. This photography may happen without their knowledge or consent. At all times In-Shape will make every effort to protect members' privacy and comfort.

## PERSONAL PROPERTY

Personal property (e.g., gym bags, purses, extra clothing) is not permitted in workout areas. Personal property of members or guests, while in or on the Club's premises or while deposited with the Club shall be at the owner's sole risk. The Club will not be responsible for any loss of personal property left on the premises, including items left in lockers or with an employee of the Club (see Liability section).

## HOURS OF OPERATION

Hours of operation vary by club. Holiday hours vary also. Check with individual clubs or consult our website ([inshape.com](http://inshape.com)).

## AMENITIES CARDIOVASCULAR AREA RULES

Stop exercising if you experience dizziness, pain, or unusual discomfort. Accelerated weight loss clothing is not permitted. Proper workout attire and shoes are required (no jeans, open toe shoes,



string tank tops or thongs). No food or drink, except bottled water and performance beverages. No glass containers. Members must be at least 12 years of age.

## CARDIOVASCULAR AREA ETIQUETTE

Please wipe down equipment after use. Spray disinfectant on towel only; do not spray directly on equipment. Please refrain from wearing strong perfumes/colognes.

## PARKING

Members are encouraged not to leave visible items in their automobiles. The Club is not responsible or liable for articles damaged, lost or stolen in or about the Club, or for loss and/or damage to any property including, but not limited to, automobiles and/or the contents thereof.

## TRAINING

Members receiving unauthorized training may have their Club privileges suspended or membership cancelled. Unauthorized people providing training will be asked to leave the Club and future Club privileges will be suspended or cancelled.

## GYMNASIUM (where applicable)

Proper workout attire required (no jeans, open toe shoes, string tank tops or thongs); non-marking athletic shoes are required. No food or drink, except bottled water and energy drinks. No glass containers. Loud or offensive language is prohibited. Children under 12 years of age must be under Supervision by a parent or legal guardian at all times. Follow the rules for open court play posted in the gymnasium.

## RACQUETBALL (where applicable)

Proper workout attire required (no jeans, open toe shoes, string tank tops or thongs). No food or beverages. Protective eyewear and non-marking athletic shoes are required. When claiming a court, wait until the point in progress has been completed. Children under 12 years of age must be under supervision by a parent or legal guardian at all times.

## RENTAL LOCKERS (where applicable)

Rental lockers are available for rent in some clubs. The lockers are property of the Club, and the Club reserves the right to clean and/or inspect lockers without notice. Members are not permitted to store food, liquor, weapons, drugs or flammable materials in lockers.

## RESISTANCE TRAINING AREAS

Proper workout attire required (no jeans, open toe shoes, string tank tops or thongs). Wipe down equipment after use. Report any maintenance issues to the front desk. No food or drink, except bottled water and energy drinks. No glass containers. Keep gym bags out of walkways. Members must be at least 12 years of age.

## SAUNAS (where applicable) (co-ed or single sex)

Must be at least 16 years of age. Do not pour water on the heating rocks. This is an electric sauna. Pouring water on the rocks will damage the heating element. Exercise and accelerated weight loss clothing are not permitted. Due to high temperatures (175-185 degrees F.) saunas can be dangerous to peoples' health. Members must limit themselves to 10 minutes before using another area with at least 10 minutes in a cooler environment in between. Consult a physician before using. Those with medical conditions such as high blood pressure, heart disease, diabetes, low blood sugar and respiratory problems, and those who are pregnant, should avoid exposure to high heat. Shower before entering. No food or drink, except bottled water and energy drinks. No glass containers. Towels and bathing suits are required. Men must wear shorts or swim trunks. Women must wear shorts, workout top, or a swimsuit; no street clothes. No gym shoes, sneakers or street shoes allowed. No drying of personal items.

## STEAM ROOMS (where applicable) (co-ed or single sex)

Must be at least 16 years of age. Exercise and accelerated weight loss clothing are not permitted. Due to high temperatures (105-110 degrees F.) steam rooms can be dangerous to people's health. Members must limit themselves to 10 minutes before using another area with at least ten minutes in a cooler environment in between. Consult a physician before using. Those with medical conditions such as high blood pressure, heart disease, diabetes, low blood sugar and respiratory problems, and those who are pregnant, should avoid exposure to high heat. Shower before entering. No food or drink, except bottled water and energy drinks. No glass containers. No shaving, loofahs, lotions or creams of any kind. No newspapers or magazines. Towels and bathing suits are required. Men must wear shorts or swim trunks. Women must wear shorts and a workout top, or a swimsuit; no street clothes. No gym shoes, sneakers or street shoes allowed.

## SWIMMING POOLS (where applicable)

Scheduled organized pool activities (e.g., aqua aerobics classes) have priority over open use. Shower before entering. No food or drink, except bottled water and energy drinks. No glass

containers. Keep bags out of walkways. Loud or offensive language is prohibited. Do not sit on, play with or go over lane dividers. Proper swimwear required; no cotton clothing (e.g., t-shirts). No diving. No running or playing on deck. Individuals with open wounds or sores are prohibited. Persons having active diarrhea or who have had active diarrhea within the previous 14 days shall not be allowed to enter the pool. Kickboards, pool toys or other flotation/swim instruction aides are not allowed (except life vests), except in ISFF classes or in lap lanes while swimming laps. Children under 14 years of age must be under supervision by a parent or legal guardian at all times. Limit three children per adult. Children unable to swim safely must be accompanied in the water by a parent or legal guardian providing immediate supervision regardless of the presence of a lifeguard. Children who are not potty-trained are not allowed in pool unless participating in a club-sponsored swim lessons and wearing a swim diaper. Baby strollers must be kept four feet from pools. Lap swimming etiquette ensures a safe and congenial environment for all swimmers: Lap swimmers must share their lane when asked. When there are two swimmers in a lane, it is proper procedure to split the lane. Splitting the lane requires that one swimmer stay on the left side of the lane while the other swimmer stays on the right side of the lane, allowing both swimmers to swim up-and-back. Always notify the current swimmer in the lane before entering, and split the lane with him/her. Circle swimming is mandatory when all lap lanes are split and a third swimmer enters (or more if the number of swimmers wishing to swim exceeds three per lane). Circle swimming is always counter-clockwise. In circle swimming, a slower swimmer must stay to the right of the lane to allow a faster swimmer to pass by using the center of the lane.

## FAMILY SWIM

Pool Rules Scheduled organized pool activities (e.g., aqua group exercise, lessons, and classes) have priority over open use. Please consult specific club's weekly schedule and support your fellow member's enjoyment of the pool. Family swim includes those under 14 years of age. During aqua group exercise, pool use is restricted to lap swimming when lane dividers are in place. No children allowed in pool. Proper swimwear required; no cotton, cut-offs, t-shirts. No diving. No running or rough play (e.g. pushing, splashing, dunking). Do not sit on, play with or go over lane dividers. Individuals with open wounds or sores are prohibited. Kickboards, noodles or other flotation/swim instruction aides are not allowed, except in ISFF classes or in lap lanes while swimming laps. Children under 14 years of age must be under supervision by a parent or legal guardian at all times. Limit three children per adult. Children unable to swim safely must be accompanied in the water by a parent or legal guardian providing immediate supervision regardless of the presence of lifeguards. Children who are not potty-trained are not allowed in pool. Baby strollers must be kept four feet from pools. No food or drinks, except bottled water and performance beverages. No glass containers. Keep bags out of walkways. Loud or offensive language is prohibited. Shower before entering Lap Swimming Etiquette Lap swimming etiquette ensures a safe and congenial environment for all swimmers. Lap swimmers must share their lane when asked. When there are two swimmers in a lane, it is proper procedure to split the lane. Splitting the lane requires that one swimmer stay on the left side of the lane while the other swimmer stays on the right side of the lane, allowing both swimmers to swim up-and-back. Always notify the current swimmer in the lane before entering, and split the lane with him/her. Circle swimming is mandatory when all lap lanes are split and a third swimmer enters (or more if

the number of swimmers wishing to swim exceeds three per lane). Circle swimming is always counter-clockwise. In circle swimming, a slower swimmer must stay to the right of the lane to allow a faster swimmer to pass by using the center of the lane.

## FREE WEIGHT ROOMS

Proper workout attire required (no jeans, open toe shoes, string tank tops or thongs). Wipe down equipment after use. Report any maintenance issues to the front desk. No food or drink, except bottled water and energy drinks. No glass containers. Keep gym bags out of walkways. Return all weights to racks after use. Never lean Olympic weights against walls. Do not drop weights. Use collars at all times. Make sure all seats are secured and all pins in place. Members must be at least 12 years of age.

## WELCOME DESK

The Welcome Desk is designed to accommodate the needs of all members. Services provided include member check-in, guest check-in, towel service, personal training reservations and check-in, purchase of retail items and food/beverages, changes to membership, and first aid. Make all payments payable to In-Shape Family Fitness at the Welcome Desk, and get a receipt.

## OUTSIDE ACTIVITIES PARK (where applicable)

Playground equipment is for children and juniors only. The following activities are just some of the prohibited activities while children are using the equipment: pushing or roughhousing; jumping off high portions of playground equipment. BBQ and picnic areas are available on a first come, first serve basis. For group parties, advanced reservations are required.

## GROUP FITNESS

Stop exercising if you experience dizziness, pain or unusual discomfort. Accelerated weight loss clothing is not permitted. . Children under 12 years of age are not permitted unless they are participating in a club-sponsored activity specifically for children. Proper workout attire required (no jeans, open toe shoes, etc). No food or drinks, except bottled water and performance beverages. No glass containers. No portable music devices (e.g., MP3, iPod) during class. Please listen to the instructor.

## GROUP EXERCISE STUDIO ETIQUETTE

Please wipe down equipment after use. Please refrain from wearing strong perfume/cologne. Please turn off cell phones. Please return equipment to storage racks. Please refrain from entering the studio before the current class has finished. Please be on time. Entering a class in progress is not recommended. Please be considerate of other members' exercise space. Do not crowd a member who arrived before you.

## TENNIS COURTS (where applicable)

Proper workout attire required (no jeans, open toe shoes, string tank tops or thongs); non-marking athletic shoes are required. No food or drink, except bottled water and energy drinks. No glass containers. When claiming a court, wait until the point in progress has been completed. Do not hit, sit on, or jump over nets. Children under 12 years of age must be under supervision by a parent or legal guardian at all times. Tennis courts may be reserved for 1.5 hours for singles or doubles play. Indoor tennis courts may be available for an additional fee (where applicable).

## THERAPY POOL (where applicable)

Shower before entering. No newspapers or magazines. No food or drink, except bottled water and energy drinks. No glass containers. Due to high temperatures (approximately 94 degrees F.) therapy pools can be dangerous to people's health. Members must limit themselves to (10) ten minutes before using another area without at least (10) ten minutes in a cooler environment in between. Consult a physician before using. Those with medical conditions such as high blood pressure, heart disease, diabetes, low blood sugar and respiratory problems, and those who are pregnant, should avoid exposure to high heat. Water exercise should be done in water that does not exceed 84 degrees. Therefore, members cannot participate in aqua aerobics classes while in a therapy pool. Scheduled organized activities have priority over open use. Swimsuits are required; no cotton clothing (e.g., t-shirts). Must be at least 16 years of age.

## WHIRLPOOL SPA (where applicable)

Shower before entering. No newspapers or magazines. No food or drink, except bottled water and energy drinks. No glass containers. Due to high temperatures (approximately 104 degrees F.) whirlpool spas can be dangerous to people's health. Members must limit themselves to 10 minutes before using another area without at least ten minutes in a cooler environment in between. Consult a physician before using. Those with medical conditions such as high blood pressure, heart disease, diabetes, low blood sugar and respiratory problems, and those who are pregnant, should avoid exposure to high heat. Water exercise should be done in water that does not exceed 84 degrees. Therefore, members cannot participate in aqua aerobics classes while in a whirlpool spa. Swimsuits are required; no cotton clothing (e.g., t-shirts). Must be at least 16 years of age.

## LOCKER ROOMS

The Club is not responsible for lost, damaged or stolen articles. No camera cell phones may be used while in the locker room. Secure lockers with a padlock. Contents left overnight may be removed. Do not store valuables in lockers. Lockers are solely for temporary clothing storage. Children under 12 years of age are permitted only when accompanied by a parent or legal guardian. Children over four years of age may not use the locker room of the opposite sex.

## LOST & FOUND

The Club maintains a Lost & Found area. The Club does not assume responsibility for items turned in to the Lost & Found. Members must identify and claim articles in person.