

TWO PEAKS FITNESS

POLICIES

1. A release of liability form must be signed and completed before beginning your first workout. The form will be kept on file.
2. Memberships are to be paid in full once a month and are due the first of the month. Unless prior arrangements are made, if you have not paid by the 15th your door code will be disabled and a \$5.00 late fee charged. We do not credit or refund unused memberships. If for medical reasons, you are unable to use your membership for 30 days or more, we can put it on hold when notified in advance.
3. Members are required to sign in upon arrival at facility.
4. Use extreme caution in the exercise facility.
5. Return all equipment and attachments to their proper places when not in use. This includes benches.
6. Return all weights and dumbbells to proper racks after each use.
7. Do not place dumbbells, weight plates, or bars on upholstered bench pads.
8. Do not drop weights or dumbbells on the floor.
9. Do not lean weight plates on any of the equipment.
10. Do not hang weights together; this will harm you and the equipment.
11. Make sure all clamps and turn knobs are secured for each use.
12. No children less than 15 years old allowed on any of the equipment without adult supervision. Children using equipment with supervision must be at least 10 years old.
13. If someone is waiting to use cardio equipment, please limit yourself to 20 minutes.
14. No one may use free weights on a bench without another person in the near vicinity.
15. Non-participants of scheduled classes are not to enter the classroom area during class times.
16. All classes will be available by sign-up scheduling. You must also sign-in for class.
17. No food permitted on or around any of the equipment. Plastic water bottles only allowed. (No gum allowed in the facility.)
18. No bottles or glass containers permitted in the vicinity beyond the reception area for your own safety.
19. No one is permitted in the facility that is under the influence of alcohol or drugs.
20. Please wear only sneakers in the facility. Bring a change of shoes during bad weather. Please do not wear cleats - they damage our floors.
21. Shirts required at all times.
22. Please place your trash in the trashcans before you leave.
23. We have the right to refuse service to anyone.
24. Have a great and safe workout!!!

Violations of the above policies will result in termination of membership.

I certify that I have read and understand these policies _____

This institution is an equal opportunity provider and employer.

Last modified: May 14, 2019