

**YOUFIT CLUB POLICY & GUIDELINES MEMBERSHIP POLICY FORM**

# I have been informed of the basic dress code, which includes:

* Clean workout clothing is required. Management will address any unsatisfactory hygiene and corrective action may be required.
* Appropriate athletic shoes only. No sandals, street shoes, flip-flops, or work boots are allowed in work out areas.
* Belt buckles, loose jewelry items, jeans, overalls, and work pants are not allowed in workout areas.
* All other clothing and shoes must be kept in lockers. Please keep all valuable items at home.

# Use of facility is at my own risk:

* If I do not know how to use any equipment or fitness program, I will ask for assistance.
* Keep hands and feet away from all moving parts and weight stacks.
* Do not attempt to repair or adjust any equipment that has malfunctioned and report any equipment problem to the staff.
* Always use a spotter.
* Collars and clips must be used when using free weights.
* YouFit shall not be liable for any injury or damages resulting from my use of the services and/or facilities.
* If I become aware of any personal health problem, I will see a doctor before using the facility.
* A parent must accompany children under the age of 16. No one under the age of 13 is permitted inside our facilities.

# I understand that the use of proper gym etiquette is required during my workouts:

* Bringing a towel to the gym & wiping off or disinfecting equipment after use.
* Be courteous, at all times, to other members and staff.
* Allow others to work in during your rest period.
* Dropping or slamming weights is not acceptable.
* Members are not allowed to bring in their own workout apparatus.
* Lockers are for day use only. Locks left overnight will be cut.
* Do not consume any food items, shakes, and supplement drinks in the workout areas of the club.
* Phone use is only permitted in the lobby.
* Re-rack all weights after use.
* Unless you are a law enforcement officer, you are not permitted to bring a firearm or weapon into our facilities.
* Express Circuit equipment is to be used by individuals completing the entire Express Circuit Workout only.
* Use equipment only as designed.
* Guests are only permitted with Premium or Premium+ members or if a day pass is provided or purchased. Valid ID must be presented and all YouFit policies must be followed.
* A delinquent membership account will result in denied access to all YouFit facilities until corrected.

# I understand that YouFit is not responsible for loss or theft of personal property:

* Loss in the club or parking lot is not the responsibility of YouFit and I will not hold them liable.
* I have been informed that it is best not to leave valuables in my vehicle or bring them into the club.
* YouFit is not responsible for any lost, damaged, or stolen items.

# I understand that YouFit is not liable for services or Agreements offered by independent contractors & outside companies.

* I acknowledge that the responsibility for fulfillment of services is of no responsibility to YouFit.
* Any disputes regarding payments or performance for services should not be directed to YouFit.
* Outside trainers are not permitted unless approved by management.

**By joining I hereby certify that I have read and understand the above policies.**

**These policies must be followed at all times. Violation may result in immediate termination of your membership.**

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