

Policies and Procedures:

1. Members are required to have their membership card to enter the club.
2. Guests: Guest Pass is \$25 plus HST. Guest pass with a member is \$15 plus HST. **Photo i.d. is required.**
3. Towel service is an additional feature, which may be added to your membership for \$7.50 biweekly. If you wish to use a towel and do not have towel service it is \$1.50.
4. Guests who come in with members have access to all the facilities including our pool and aqua fit classes, once they have signed in.
5. Dress Code: A capped sleeve t-shirt is required in the Co-ed Cardio and Strength Training Area. No tank tops or sleeveless shirts, please. Shorts must be modest in nature. Tank tops may be worn in the Studios or women's only area.
6. Child Care: Due to the ratios that we adhere too, 24 hrs notice is required for booking child care.
7. Lockers are for Day Use only. Locks left on lockers overnight will be cut off.
8. Cell phones are not permitted in the change rooms as we are trying to protect the privacy of our members from video & camera usage.
9. Member courtesy phone has a two minute limit.
10. Towels or clothes must be worn when using the vanity areas or saunas.
11. Please wipe down all equipment after each use.
12. Studios are for class usage only.
13. Please return all weights and benches to their proper places. NOT returning weights will result in suspension or termination of your membership privileges.
14. Allow fellow members to work-in between sets.
15. Do NOT remove equipment from its designated area.
16. Please refrain from leaning on mirrors when stretching.
17. Please refrain from loud or foul language. Any abusive language or conduct towards other members and/or staff will result in membership suspension or termination.

18. Please inform staff of any maintenance problems.
19. The following items are not permitted on the gym floor: sandals, work boots, outdoor shoes, cut-off shorts, chalk, gym bags, food and drink. Water bottles are permitted.
20. Any member caught using the emergency exits will be subject to a \$500 fine and termination of their membership.

THANK YOU

-THE ATHLETIC CLUB GROUP MANAGEMENT-