

## **MEMBERSHIP POLICY**

- Life Spring Fitness members use the facility at their own risk. All members and guests must complete a liability waiver before using gym facilities.
- All gym goers must have a membership to have access to the facility. Exceptions include those attending a class, private or semi-private training session, or some other special event.
- Member accessibility hours are from 5:00am to 11:00pm. Exceptions made on a case by case basis.
- Membership may be revoked, or a member may be asked to leave the facility, by management for any of the following reasons:
  - A. Destruction of Life Spring Fitness Center property. The member will also be held responsible for all damages incurred.
  - B. Violation of Facility rules.
  - C. Any behavior deemed inappropriate or detrimental to the facility, and/or other members.

## **MINIMUM AGE POLICY**

- Any child under age 14 **MUST** be accompanied by a parent when inside facility but cannot use gym equipment without first going through an equipment orientation with a trainer.
- Kids 14+ may use gym equipment (after equipment orientation) and are eligible to be included on their parents' membership.
- Parents are responsible for any potential damage to LSF property caused by children under their membership.

## **GUEST POLICY**

- All guests require a guest day pass (or some other kind of short term membership) **AND** a completed liability waiver. 1-week and 1-month memberships available.
- Members cannot bring guests into the facility unless they have their own membership and completed liability waiver.
- Members letting non-members in using their key fobs at any time is not allowed; violators will be subject to fines and/or the termination of their membership.

## **GYM ETIQUETTE**

- Please do not drop weights.
- If you are not sure how to use the equipment, please ask. An orientation is free with any membership.
- Gym-Appropriate attire must be worn at all times.
- Closed toed shoes must be worn at all times.
- Please wipe down equipment after use.