



# MEMBERSHIP POLICIES

In our ongoing effort to provide a safe and comfortable environment for our members, we ask that you review and abide by these simple facility policies.

## GENERAL

- Show Courtesy and respect to your fellow members. No profanity, yelling or aggressive behavior. Better Bodies reserves the right to cancel a membership at any time for unacceptable behavior.
- Please lock up your valuables. Locks are provided free of charge at the Front Desk / Membership services. Better Bodies is not responsible for stolen or misplaced articles.
- Exercise at your own risk.
- Do not "hog" equipment. Please allow fellow members to "work in" with you.
- Please return weights, balls, mats and other equipment to their proper place after use.
- Please ask for a spotter. Our staff is here to help.
- Please do not drop weights. If you can lift them, you can set them down properly.
- Shoes and proper attire must be worn at all times.
- Please wipe down equipment after use. Rags and disinfectant are provided.
- Please report any equipment in need of repair immediately to the Front Desk / Membership Services. It will be recorded on a deficiency list and placed out of order.
- Please report any injury to yourself, or others, immediately to the Front Desk / Membership Services. An incident report will be completed.
- All members must check in. Squash lessons and Personal Training sessions included.
- Please use a towel when in the saunas. Wipe down the bench after use.
- No children under the age of 14 on the weight room floor or cardio equipment.

## PAYMENTS

- Recurring memberships are continuous and due at the first of each and every month until you cancel. 5 working days are needed to process any changes to your membership account including cancellation & freezing.
- Recurring memberships cancelled and reactivated within 6 months may be subject to a re-activation fee.

## GROUP FITNESS

- No admittance to Fitness Classes or Spinning, 5 minutes after the start of the class to avoid disruption to others. Spinning seats will not be given out after this time.
- Please do not leave the class once it has started. If you must, please be quiet and courteous.
- If you feel faint or dizzy please stop the activity immediately and notify the instructor.
- Spinning bikes may only be used in a class with a Better Bodies Spinning instructor.

## SQUASH

- Alpha & Beta members may book courts 7 days in advance; Term members and Punch Cards may book 48 hours in advance. Multiple same day pre bookings are not allowed. Should you wish to extend play and the court is not booked you are welcome to continue.
- Non-marking shoes must be worn on the courts.
- Proper eyewear must be worn while on the courts.
- Please be prompt with your court times. Do not make others wait while you play past your time.

## CHILD MINDING

- Please do not bring food into the Child Minding room. Some children may have allergies.
- Sign in at the Front Desk / Membership Services and then present your Little Bodies card to the Child Minding staff.

## TANNING

- Goggles must be worn when inside the booth.
- Please wipe down the booth after use. Disinfectant is provided.
- One tanning session per day please. No appointments are necessary.
- Please apply lotions before entering the booth.
- Please use approved tanning protection, as unprotected tanning can be hazardous to your health.

*Thank you*