

# FITNESS CENTER RULES & REGULATIONS

- ACCESS TO THE FITNESS CENTER IS RESTRICTED TO MEMBERS AND APPROVED GUESTS. IF BRINGING GUESTS, MEMBERS ARE REQUIRED TO CONTACT TYLER OR LUCAS AHEAD OF TIME. ON SHORT NOTICE, GUESTS MUST SIGN IN AT OFFICE. GUEST FEES APPLY.
- TO ACCESS THE FITNESS CENTER, YOU MUST HAVE ACCESS TO THE APP "KISI". IF YOU DO NOT HAVE KISI ACCESS, PLEASE CONTACT TYLER AT TYLER@APPLECROSSCC.COM OR LUCAS AT LBARNEY@APPLECROSSCC.COM
- YOU MUST BE 14 TO OBTAIN UNACCOMPANIED ACCESS. ANY PERSON UNDER 14 MUST BE CERTIFIED BY THE FITNESS STAFF.
- MEMBERS MUST WEAR APPROPRIATE EXERCISE ATTIRE AT ALL TIMES. CLOSED-TOE SHOES, SHIRTS & SHORTS/PANTS MUST BE WORN, SOCKS ARE REQUIRED.
- DURING PRIVATE AND GROUP INSTRUCTION, SHOES MAY BE OFF FOR SPECIALIZED EXERCISES FOR THE FOOT.
- NO CONGREGATING OR LOITERING IN THE LOCKER ROOMS/FITNESS CENTER/INDOOR POOL.
- NO PROFANITY OR DROPPING WEIGHTS OUTSIDE THE CROSSFIT ROOM.
- MEMBERS MUST WIPE OFF ALL EQUIPMENT AFTER EVERY USE.
- THE CLUB IS NOT RESPONSIBLE FOR LOST OR STOLEN ITEMS. VALUABLES SHOULD BE SECURED IN LOCKERS.
- PLEASE PLACE ALL TOWELS IN THE APPROPRIATE CONTAINERS. ALL TOWELS ARE CLUB PROPERTY AND ARE NOT TO BE REMOVED FROM THE FITNESS CENTER.
- EXCEPT FOR CAPPED WATER BOTTLES/SHAKERS, EATING OR DRINKING OUTSIDE OF THE RECOVERY ZONE AREA IS PROHIBITED.

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- ONLY APPLECROSS EMPLOYEES ARE AUTHORIZED TO CONDUCT ANY PROFESSIONAL/PAID SERVICES ON CLUB PREMISES.
- WHILE ON CLUB PREMISES, MEMBERS ARE REQUIRED TO SHOW THEIR "KISI" IF ASKED BY A CLUB EMPLOYEE. FAILURE TO PROVIDE PROOF OF MEMBERSHIP WILL RESULT IN REMOVAL FROM FACILITY.
- MEMBERS SHOULD REPORT ALL EQUIPMENT MALFUNCTIONS, PERSONAL INJURIES, AND SPECIFIC CONCERNS IMMEDIATELY TO STAFF.
- YOU ARE EXPECTED TO CLEAN UP AFTER YOURSELF. INCLUDING, BUT NOT LIMITED TO; PUTTING WEIGHTS, PLATES, EQUIPMENT, AND BARS AWAY AFTER USE, ETC.
- BARBELL COLLARS ARE REQUIRED WHEN LOADING FREE WEIGHT BARS.
- SMOKING/VAPING AND ALCOHOLIC BEVERAGES ARE PROHIBITED.
- LOUDLY TALKING ON CELL PHONE OR LOUDLY PLAY MUSIC IS PROHIBITED WHILE IN THE WORKOUT AREA.
- ACCESS TO THE RECREATION ZONE MUST BE DONE AT THE MAIN FITNESS ENTRANCE. ACCESSING BY HOPPING THE FENCE IS PROHIBITED.
- ANY ISSUES/COMPLAINTS WITH YOUR FELLOW MEMBERS ARE TO BE DIRECTED TO A STAFF MEMBER.
- FITNESS CENTER RULES ARE NOT LIMITED TO THE ABOVE AND ARE AT EMPLOYEES' DISCRETION.
- ANY VIOLATIONS OF OUR RULES AND REGULATIONS WILL BE SUBJECT TO DISCIPLINARY ACTIONS.

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