



RULES & POLICIES

Life Spring Fitness at The Waters

ACCESS

1. Usage of the gym facility is reserved for **MEMBERS ONLY**
2. All gym users **MUST** have their own active membership
3. Members are prohibited from allowing non-active members access to the gym
4. Members are prohibited from allowing non-active members to use their access key
5. Family members of active members are prohibited from using that member's access key. Refer to item 2.
6. All gym users **MUST** have a signed liability release waiver

AGE

1. Minimum age to use the facility is 14 years old
2. Minimum age to have their own membership is 14 years old
3. Minimum age to be on their parents' membership is 12 years old
4. All members under 18 must first complete an orientation on the equipment prior to being given their access key

USAGE

1. In order to maintain a safe, positive environment, please be courteous and respectful of your fellow gym users
2. Please keep audible phone conversation to a reasonable volume and duration
3. During peak times, please limit equipment usage to 20-30 minutes per piece of equipment
4. Please throw away used wipes in designated receptacles
5. Please keep loose personal items in a cubby or with your person at all times
6. Please wipe down equipment after each use
7. No outside food or beverages allowed except for water and sports drinks
8. Proper gym attire must be worn at all times
9. Shirts must be worn at all times
10. Open-toed shoes are prohibited in the free weight area

***Failure to adhere to gym rules may result in suspension or revocation of access.**