



Welcome To
PEAK Health & Fitness

Rules and Regulations

HOURS OF OPERATION

Monday - Thursday	5:00 AM - 10:00 PM
Friday	5:00 AM - 9:00 PM
Saturday	7:00 AM - 7:00 PM
Sunday	7:00 AM - 5:00 PM

Hours of operation are subject to change based upon facility utilization patterns. Any changes will be posted at the Service Desk. PEAK Health & Fitness's doors will be open no sooner than 5 minutes prior to posted times. All activity will cease 10 minutes prior to closing time. All members and guests must exit the building no later than the posted closing time.

HOLIDAY HOURS

The facility may be closed on holidays at our discretion. On some holidays, PEAK Health & Fitness may open late or close early. Please check with the Service Desk for modified hours of operation. We will post notices prior to the holiday.

MAINTENANCE CLOSURES

PEAK Health & Fitness may be closed from time to time to perform necessary maintenance, repair and remodeling. The Club may, at its option, close the premises to all members a maximum of 14 days per year without a deduction to his or her monthly dues.

MEMBERSHIP CARDS

Each member will receive a key tag. **Key tags will be required to enter the facility.** Lost key tags may be replaced at the Service Desk.

CHECK IN

You may enter the club by presenting your key tag to the staff on duty at the Service Desk. No one will be allowed in the facility without appropriate identification or payment. Please stop by the Service Desk and have your picture taken. This is a requirement and is done for security purposes.

LOCKER ROOMS

The locker rooms are designed for members 14 & over. If necessary, children under the age of 12 are permitted in the adult locker room, but only when **directly supervised** (within arm's length) by a parent of the same sex. Children over the age of 4 are not allowed in opposite sex locker room.

Day-use lockers are available at no charge. Please bring your own lock. Any locks left on overnight will be removed and the contents placed in lost and found. Inquire at the Service Desk for lost items. PEAK Health & Fitness is not responsible for lost or stolen items from locked or unlocked lockers. We strongly recommend you leave all valuables at home.

Rental lockers for storage of personal items are available for an annual or monthly fee on a first-come, first-served basis. Check at the Service Desk for availability.

TOWELS

Rental towels are available for an annual or monthly fee. Towels are located for pick-up and drop-off at the Service Desk. Please return them to the dirty laundry bins. Small "workout" towels are provided in the weight and cardio rooms free of charge. Please **do not remove towels** from PEAK Health & Fitness.

ATTIRE

All members will be expected to wear proper workout attire for their particular activities. Any shoes worn outside the facility **may not** be worn in **any fitness areas**.

LOST & FOUND AND VALUABLES

PEAK Health & Fitness will not be responsible for lost, stolen, or damaged articles inside, or outside the premises.

- You are advised to leave your valuables at home. Do not leave them unsecured within the facility.
- Lost & Found items will be kept for one month and then donated to charity.
- All lost items must be claimed in person at the Service Desk.

SMOKING

PEAK HEALTH & FITNESS is a designated smoke-free and tobacco-free environment. This includes chewing tobacco.

GUEST POLICY

All guests must register at the Service Desk and a guest fee will be charged. The fee for a Club guest is currently \$12.00*.

**The amount for guest fees is subject to change.*

SPECIAL EVENTS

Special events will have priority over space and time of regularly scheduled activities. Check the clubs website, bulletin boards, and the Service Desk for information about special events.

PHOTOGRAPHY

Use of any camera, video or still photography is prohibited at all times without the express written consent of PEAK Health & Fitness management.

SOLICITATION/DISTRIBUTION

No literature other than that posted by PEAK Health & Fitness may be distributed nor any solicitation made on the premises without consent of PEAK Health & Fitness management.

SAUNA'S

- A dry sauna is available in both the men's and women's locker rooms during all business hours.
- Children under 12 years of age must be accompanied by an adult.
- PLEASE READ AND FOLLOW POSTED PRECAUTIONS (ESPECIALLY IF YOU ARE PREGNANT, HAVE HIGH BLOOD PRESSURE, OR HEART CONDITIONS.)

****Glassware of any kind is prohibited in these areas.**

CARDIOVASCULAR EQUIPMENT

- Use of cardiovascular equipment is limited to members 14 years and older (14 and 15 yr. olds must have their own membership card and must first meet with a PEAK Health & Fitness trainer). Anyone 13 or younger is not permitted in the fitness area.
- Children are not allowed to "watch" their parents work out, for safety reasons.
- An orientation session is highly recommended prior to using the equipment. See the schedule at the Service Desk.

- For sanitation purposes headsets (for listening to the televisions) are not provided free of charge. New headsets may be purchased (when available) at the Service Desk or just bring your own headphones, as they will work with the system.

WEIGHT TRAINING AREA

- Use of weight training equipment is limited to members 14 years of age and older (must have a membership card). Children ages 14 & 15 may use equipment when accompanied by an adult member or on their own after meeting with a trainer (as many times as the trainer deems necessary before allowing the child to work out on their own). Anyone 13 or younger is not permitted in the fitness area.
- Introductory Instruction for the weight and resistance equipment is available and required for all members between 14 and 17 yrs. and is free of charge.
- Adults are also entitled to 2 complimentary instructional meetings with a trainer within the first year of membership.
- We recommend that guests undergo an orientation prior to utilizing the resistance equipment. See schedule at the Service Desk.
- Children are not allowed to “watch” their parents work out for safety reasons.
- “Closed-toed” Shoes and shirts are mandatory. No sandals, slippers, etc.

GROUP EXERCISE

With two teaching studios, PEAK Health & Fitness boasts an extremely varied program to fit your fitness needs. The club Fitness Director or any class instructor can assist you in determining which classes would be best suited for your fitness level. There is a class to fit every taste and ability level. Class descriptions can be found on the reverse side of the printed schedule; current schedules are available in the foyer. Classes are free to all members.

Other important notes

- No person under the age of 14 is allowed in the group exercise classes.
- Three (3) students must be present to conduct a class.
- Eight (8) students must attend on a regular basis to keep a class on the schedule.
- A class may be cancelled without notice due to instructor emergency or inclement weather.
- No black-soled shoes are allowed on the hardwood teaching surfaces.
- No cycling cleats are allowed outside of the studio.

MEMBERSHIP ACCOUNT POLICIES

EFT (Electronic Funds Transfer): Membership dues are paid through automatic withdrawal from your checking/savings account or from a credit card. Forms are available at the Service Desk to update this information if/when necessary.

DELINQUENCY: Delinquent accounts (accounts with an outstanding balance due) may be deactivated and are subject to a “no admit” status or cancellation at the discretion of PEAK Health & Fitness management.

LEAVE OF ABSENCE POLICY: Your membership may be placed on hold for a minimum of three months and a maximum of 6 months (per year) if any of the following apply:

- You must be out of town for the duration of the hold period.
- Medical Reasons - if you have an injury, illness or a physician’s orders to halt your workout.
- The dues hold fee will be \$10 per membership per month (if there is more than one person going on hold, the additional family members pay \$5 per month). This fee is payable in advance.

CHILDREN AT PEAK HEALTH & FITNESS

Kid's Club Play Area

- The children's activity center (called the "Kids' Club") is available to members while participating in club activities (fees applicable). Check the current schedule for hours of operation, available at the center.
- Children 11 and under left unattended in any part of the facility will be placed in the Kids' Club by PEAK Health & Fitness staff. As a result, parents will be charged the appropriate fee.
- Parents are expected to be in the facility while their children are in the Kids' Club. If you leave for an "outside" workout, the staff must be notified of your intentions. Maximum stay is 1.5 hours for infants and 2 hours for all other children.
- **Security Policy:** When a parent drops off their child, they must immediately sign them in at the Kids' Club counter. When the parent returns, the signature must match the original one left in order for the child to be released to that parent. If a parent drops off their child and wants their spouse or relative to pick them up, written permission will be needed on the sign-in sheet. A picture ID will be required to verify the spouse's or relative's identity.
- **Well Child Policy:** For the protection of other children and staff as well as your own child, please do not ask us to care for your child if he/she is ill. Our personnel reserve the right to refuse admittance of any child into our center on any given day. For our purposes, we define "ill" as a child who has:
 - had a fever within a 24 hour period
 - diarrhea or nausea
 - discharge from eyes, or a profuse nasal discharge
 - a contagious disease (pink eye, or a rash of any sort)
 - constant cough
- **Well Child Policy:** Caregivers need to set limits so that your child and other children can learn respect for things and people in their environment while at PEAK Health & Fitness. Giving children choices is a helpful tool for caregivers in setting limits; we will do this by redirection. Consistent limits reduce the need to test rules and it also makes the caregiver's job easier. Children that are disrespectful and are disruptive while at the Kids' Club will not be readmitted once notification is given to the parent or guardian. We reserve the right to refuse to admit repeatedly disruptive children.
- **Personal Items**
 - Please label all belongings such as bottles, diapers, food, bags, and clothes. This helps us monitor articles effectively.
 - For the safety of your children, PEAK Health & Fitness does not supply or change diapers. If your child needs changing, you will be called to the Kids' Club to change your child.
 - To ensure the safety of all children, PEAK Health & Fitness does not allow food or beverages in the Kids' Club. Please ensure your child has been properly feed prior to dropping off in the Kids' Club.

CONDUCT POLICY: We have classified what we deem “inappropriate” behavior into 3 categories:

CATEGORY 1: May include, but not limited to the following:

- Profanity
- Littering
- Minor disrespect towards staff, members, and/or guests
- Infraction of PEAK Health & Fitness policy

CONSEQUENCES:

1. A verbal warning and explanation of the rules will be given.
2. The incident will be logged into a computer database.
3. Repetitive behavior will not be tolerated.

CATEGORY 2: May include, but not limited to the following:

- “Defiance” - unwilling to correct behavior when asked
- Disrespect
- Spitting
- Misuse of Equipment

CONSEQUENCES:

1. Offender will be removed from activity.
2. If offender is under 18, the parents will be immediately notified by phone. The incident and consequences will be reviewed with the parent.
3. If the offender is 18 or older he/she will be removed from the activity and asked to leave the facility. A suspension may then be applied to the membership. Non-members will not be allowed to re-enter the facility in the future.
4. The incident will be entered into our database. If the offender repeats the infraction, he/she will have his/her membership terminated.

CATEGORY 3: May include, but not limited to the following:

- Assisting in unauthorized entry
- Vandalism
- Violence (assault/fights, threats, etc.. physical or verbal)
- Careless driving in parking area
- Any act which necessitates intervention by law enforcement.

CONSEQUENCES:

1. Police will be called.
2. Staff person will be present to assist and give a statement to responding officers.
3. Membership may be terminated.
4. Incident report will be logged into our database.

APPEAL PROCESS

If you would like, you can submit an appeal (in writing). The Manager will review each submission and respond in writing.

****The foregoing policies and procedures are not all inclusive. Other rules and regulations may be posted in and about the facilities and shall be binding to all members.**

****Management reserves the right to change and/or amend these policies and procedures as is deemed necessary for the safe and functional operation of the facility.**

Right to Regulate Use of Property

The Club shall have the unqualified right to make such rules and regulations and restrictions in the use of all or part of the Club property as it may deem necessary or appropriate. The Club rules shall apply to all members and their guests, visitors, and members of their families. The Club may modify, amend or revise the Club rules in whole or in part at any time and from time to time.