

HAVASU FITNESS ETIQUETTE POLICY

My signature below indicates that I agree to abide by the Havasu Fitness Etiquette Policy. I acknowledge that failure to do so will result in the loss of my membership. If my membership is terminated, I understand that I am not entitled to any refund of prepaid fees, and I am responsible for any balance due on my membership account.

- ◆ **All cell phone must be on silent. Use of cell phones is restricted to the front lobby area!**
- ◆ **Dropping weights and using loud, foul or slanderous language will not be tolerated!**
- ◆ Food and beverages other than bottled water are not allowed in the workout area.
- ◆ Use of alcohol and/or tobacco products is prohibited.
- ◆ Ask if you may “work in”, and always let others work in.
- ◆ When working in with someone, return the seat and weight to the last user’s setup.
- ◆ Wear proper athletic shoes and clothing. Bare feet, socks-only, sandals and work boots are prohibited.
- ◆ Towels are required. Wipe off equipment when finished.
- ◆ Limit perfume and cologne use.
- ◆ Gym bags are not allowed in any workout area.
- ◆ Ask for assistance if you do not know how to use equipment.
- ◆ Work out at your own fitness level.
- ◆ Do not remove weights, benches or equipment from their proper place.
- ◆ **Collars on weight bars are mandatory!**
- ◆ Always use a spotter when attempting to lift maximum weight.
- ◆ Rerack weights and return all other accessories to their proper locations.
- ◆ Use of chalk is not permitted.
- ◆ **Misuse of equipment and disregard of this policy will result in immediate expulsion!**

Signature

Date