

# *Back in Motion LLC*

## *Rules/Policies*

*All members must present and scan their card upon entering the facility. \$5 fee for lost cards.*

*No street shoes are allowed on the exercise equipment - you must bring a change of shoes (sneakers) to exercise.*

*There will be no towels provided, please bring one from home if you need one. The blue towels are for therapy only.*

*Guests are welcome for a \$12 fee and all the paperwork must be filled out.*

*No Glass bottles in the facility please. Drinks and snacks will be available for purchase. Ask a staff member for assistance.*

*Do not drop weights during your workout.*

*You are responsible for wiping down the equipment after each use.*

*No running allowed on the treadmills unless you speak with a staff member or have been shown how to use equipment.*

*The first  $\frac{1}{2}$  hour of training on the fitness equipment is included in your annual membership, if your goals change or you wish to have additional exercises added to your program, hour of personal training is available for a fee. Please see a staff member for details.*

**Violation of these policies will result in termination of your membership.**

**We appreciate your cooperation and have a good workout!**

**I have read the above policies and will abide by them.**

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Name

Date