

FITNESS CENTER Code of Conduct

1. Members are required to scan their membership cards upon entry into the facility. If your card is not available, you are required to check in with the front desk staff for manual entry.
2. All guests of members are also required to check in at the front desk.
3. Upon entering The Ranch Fitness Center & Spa you agree that you are assuming the risk of exercising and/or utilizing these facilities and equipment.
4. While in The Ranch Fitness Center & Spa, members and guests agree to abide by all rules and regulations as shown here, in your membership contract and as posted throughout the facility.
5. Ranch guests shall be a minimum of 16 years of age in order to enter and/or use the facility. An adult shall accompany anyone under the age of 18.
6. Food and gum are not permitted anywhere in the facility.
7. Please be respectful of others by avoiding making excessive noise.
8. Dress in appropriate exercise attire. Shirts shall cover the chest and back. For your protection, closed toe athletic shoes are required in the fitness area.
9. Towels and disinfectant wipes are provided. Members and guests are required to wipe down equipment after use.
10. If you are unsure of how to use any equipment on the exercise floor, please ask a fitness attendant or personal trainer for assistance.
11. As a courtesy to others, please do not rest on exercise equipment when others are waiting to use. Move on to the next exercise and come back as necessary.
12. Limit your cardiovascular work to 30 minutes if others are waiting to use the machines.
13. All free weights, fitness balls and moveable exercise equipment need to be put back on their racks or in designated areas after each use.
14. Certain classes have limited space. Members and/or guests agree to abide by the procedures in place to participate in these classes. Failure to adhere to group fitness policies may result in being excluded from classes.
15. Lockers are provided for day use only. Do not leave personal items overnight. Items left in lockers overnight will be placed in the lost and found.
16. Each member and/or guests will be issued up to two (2) towels per visit upon entry to the facility. Additional towels are available for a fee.
17. A towel, swimsuit or wrap shall be worn in the locker room area, including the steam room, sauna, on the benches and around the sinks.
18. Maximum recommended time for use of the steam room and sauna is 10 minutes. Prolonging use beyond this recommendation is at the risk of the individual.
19. Showers are required prior to the use of the pool, steam room and sauna. Please rinse off in between using these amenities as well.
20. Please adhere to the pool door policy as posted. The policy is in place for the proper ventilation and temperature control of the pool area.
21. Members are required to dry off after using the pool before walking through the facility.
22. Food and drink is prohibited on the pool deck. Plastic water bottles are permitted.
23. The pool is not intended for lap swimming. Although it is not forbidden, lap swimming that interferes with the normal use of pool by other members will not be allowed.



www.TheRanchFitnessSpa.com

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THE RANCH
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