



THE RANCH

FITNESS CENTER & SPA

Code of Conduct

1. Members are required to scan their membership cards upon entry into The Ranch. If your card is not available, please ask the reception staff to enter your membership information manually.
2. Guests of members are required to check in at reception, and pay the applicable guest access fee.
3. Upon entering The Ranch Fitness Center & Spa, you agree that you are assuming the risk of exercising and utilizing the facility 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 in the facility.
5. Ranch members and guest must be 16 years or older in order to enter and use the facility. An adult member 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.
9. For your protection, closed toe athletic shoes are required in the fitness area.
10. Disinfectant wipes are provided for your protection. Members and guests are required to wipe down all equipment before and after each use for the protection of yourself and of other members.
11. If you are unsure of how to use any equipment on the exercise floor, please ask a fitness attendant or personal trainer for assistance.
12. Please do not rest on exercise equipment when others are waiting. Move on to the next station and come back as necessary.
13. Limit your cardiovascular work to 30 minutes if others are waiting to use the machines.
14. All free weights, fitness balls need to be cleaned and returned to their racks or in designated areas after each use.
15. Fitness classes have limited space. Members and guests agree to abide by the procedures to participate in fitness classes. Failure to adhere to group fitness policies may result in being excluded from classes.
16. Lockers are provided for day use only. Do not leave personal items overnight. Items left in lockers overnight will be discarded due to sanitary reasons.
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. Prolonged use 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 each of 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 entering the Ranch or locker rooms.
22. Plastic water bottles are the only containers permitted in the pool area.
23. The pool is not intended for lap swimming. While not forbidden, lap swimming that interferes with the normal use of pool will not be allowed.