

# WELCOME TO THE CLUB

## THINGS YOU NEED TO KNOW!

### CONTACT INFORMATION:

TELEPHONE: (575) 758-1980

EMAIL: [taosspa@taosnet.com](mailto:taosspa@taosnet.com)

WEBSITE: [www.taosspa.com](http://www.taosspa.com)

### HOURS:

MONDAY-FFRIDAY: 5AM-8PM

SATURDAY-SUNDAY: 7AM-7PM

### LET US HELP:

Whether this is your first experience using a health club or you have been exercising for years, chances are you may not be familiar with our equipment and amenities. We offer a one-hour, complementary, personal training orientation. This orientation is, individually, designed to help you obtain knowledge of how to use our equipment safely and effectively. This session will also present the opportunity to construct a goal oriented, work-out routine, as well as an explanation of our group fit classes.

### CHECKING IN:

We require all members to check in each day that they come to the club. At the initiation of your membership, you are provided with a scan tag that is directly linked to your account. Please remember to scan this tag at the front desk each day that you visit the club. If there is a day that you forget your scan tag, no problem, just stop at the front desk so we can check you in by name, If you happen to lose your scan tag replacements are available at the front desk.

### SECURITY:

We strive to maintain a safe and secure environment. However, health clubs are large facilities with a large number of members and guests and problems can occur. Protect your property by observing the following precautions; do not leave anything of value visible inside your vehicle, lock valuables in your trunk, keep your belongings in a locked locker. It takes less than 10 seconds for a thief to remove valuables from a gym bag left on a bench or unlocked locker! This club is not responsible for loss or damage to any person's property.

### **PROPER CONDUCT & COURTESY:**

We ask our members not to bang or drop weights to protect our floors, in addition to being courteous and mindful of others and their workouts. THERE IS A RESERVED AREA WITH EXTRA MATS FOR DROPPING WEIGHTS. SEE FRONT DESK FOR DETAILS.

Please return equipment to original holding racks when finished and wipe down equipment after each use.

We expect proper, respectful conduct on the premises at all times. We never permit disrespectful conduct towards members, guests, employees, staff members or vendors. If there is ever an incident, please let the front desk staff know of the situation so can address and resolve the issue in a proper manner.

### **MEMBERSHIP CANCELLATIONS & FREEZES:**

You are permitted to suspend or terminate your membership upon advanced notice. PLEASE KEEP IN MIND THAT NON-USE OF THE CLUB DOES NOT CONSTITUTE AS CANCELLING YOUR MEMBERSHIP. You must give notice to front desk staff BEFORE your billing date if you do not want to be charged for the upcoming month(s). We also offer the option of a freeze to your account for up to 3 consecutive months at a time for a \$10.00+tax fee. For more information speak with our front desk staff.

### **TELEPHONES:**

TALKING ON CELL PHONES IS PROHIBITED IN ALL AREAS OF THE CLUB, EXCEPT THE LOBBY AND THE LOCKER ROOM.

### **TOWELS & LOCKS:**

We encourage you to bring your own towel and lock. If you forget your towel or lock, you may purchase one at the front desk.

Lockers are available for day use only. If you are interested in renting a locker please see front desk staff for details. We ask that NO photos be taken in our locker rooms for the privacy of others.

### **SMOKING:**

SMOKING/ E-CIGS/ VAPORIZORS ARE NOT PERMITTED IN THE FACILITY OR ON THE GROUNDS!

### **DRINKS & FOOD:**

ABSOLUTELY NO GLASS PERMITTED INSIDE THE FACILITY!

Water and sports drinks in enclosed plastic containers are permitted in workout areas. Coffee, drinks in open containers and food are not permitted in workout areas.

### **CLOTHING:**

We request that you wear workout clothing and athletic shoes. Clothing must be clean. Dirty/muddy street shoes are not permitted in workout areas. Levis, studded belts and other clothing that can tear upholstery are not permitted in the weight room. Open-toed shoes and sandals pose a safety hazard and are discouraged in workout areas.

**HYGENE:**

Please be mindful of body odor. Offensive body odor, perfumes and colognes can ruin the workout experience of others.

**CHILDREN:**

Children under 14 years of age are NOT permitted to use the club. Children under the age of 14 may NOT wait in the lobby area while an adult uses the club, nor are they permitted to accompany an adult using the club with the exception of; the outdoor pool when open, the indoor pool on Saturdays and Sundays from 12pm to 3pm (when Family Swim-time is in session), and tennis courts. Family swim waivers - legal parent/guardian (See Club Policies for complete description)

**POOLS & AMENITIES:**

YOU MUST SHOWER BEFORE ENTERING POOLS AND/OR HOT TUBS. Members with open wounds or sores are not permitted in the pools, hot tubs or steam room. No children are allowed in the hot tubs, steam room or dry saunas under any circumstances.

**MASSAGE**

\*\*\*Massage policies during COVID-19

If you are interested in booking a massage, our front desk staff can assist you in reserving a time. Only 50-minute Swedish and Deep Tissue Massages are available.

**The Taos Spa & Tennis Club Policies are attached.  
These policies are part of your membership agreement with us. Please review them so that you are aware of your privileges and obligations. Please let us know if you have any additional questions or need support.**

***WELCOME TO THE CLUB!***

## **INTRODUCTION**

The Taos Spa & Tennis Club ("the Club") has adopted policies, procedures, rules and regulations ("Club policies") designed to provide a safe and enjoyable experience. These apply to your conduct on Club premises, which include its building and all outdoor areas, including parking lots, sidewalks, tennis courts and outdoor pool. They also apply to your conduct during classes, programs and training. If you violate any of the of the Club policies, your membership may be suspended or terminated. We reserve the right to terminate a membership if we feel the continued presence of a member is detrimental to the Club. Our decision on all questions regarding interpretation of these policies is final. We may change these policies at any time without notice in our sole discretion. As a member or guest of the Club, you are responsible to comply with these policies at all times.

## **GENERAL POLICIES**

### **PROPER CONDUCT**

We strive to uphold a safe and enjoyable environment. We expect proper, respectful conduct on the premises at all times. We do not permit disrespectful conduct towards members, guests, employees, staff members or vendors, including but not limited to vulgar, profane, indecent, offensive, violent, hostile, aggressive, threatening, harassing, stalking, fraudulent or other inappropriate conduct or language.

### **WEAPONS**

You may not bring or use weapons of any kind on the premises for any reason. (State and local law enforcement officials exempt.)

### **PROPER ATTIRE**

You must wear proper attire at all times, including shirt and shoes, unless noted in a specific area.

### **MEMBERSHIP SCAN TAGS**

As a member, you may not enter the Club without your membership scan tag, which you swipe at the front desk. If you forget your scan tag your member number must be manually entered. Manual entry will cause you to be delayed at the front desk. Your membership dues must be paid through the current month in order to access the Club.

### **PERSONAL BELONGINGS**

You must store all workout bags, coats and personal belongings in a locker. Be sure that your locker is secured before you leave it. We suggest you keep your locker key with you at all times without exception, including while swimming or showering. Do not leave your locker key unattended at any time, such as by pinning it to a towel. You may use our lockers only while you are on the premises. You may not leave any personal belongings in a locker overnight unless you have rented a permanent locker. Do not bring or store any valuables on the premises, including watches, jewelry, or large amounts of cash. Do not leave valuables in plain view in your

vehicle. Be sure your vehicle is locked. We are not responsible for any lost, stolen, or damaged personal property, whether from lockers, vehicles or any other locations on the premises. Please inquire in person at the front desk for lost articles that may have been found.

### **ALCOHOL**

You may not consume alcohol on the premises. You may not use our equipment, services or programs while under the influence of alcohol.

### **DRUGS**

You may not use, possess or sell any illegal drugs on the premises, including but not limited to anabolic steroids or any other growth-enhancing substances. You may not use our equipment, services or programs while under the influence of illegal drugs. You should not use, or should stop using, any equipment, service or program if your prescription medication adversely impacts or influences your ability to safely use it.

### **SMOKING**

You may not smoke, chew or use any tobacco products on Club premises including any outdoor areas (sidewalks or parking lot).

### **CLUB CLOSURES AND ACCESS RESTRICTIONS**

We reserve the right to close or restrict access, without advance notice, to any area of or the entire Club or premises for any reason, including but not limited to closures or restrictions related to construction, remodeling, repair or maintenance (weather planned or unplanned) or for health or safety reasons, including but not limited to weather, natural disasters, power outages and medical issues. Your obligation to pay membership dues is NOT dependent upon usage, availability or access to the Club.

### **ILLNESS**

You may not enter the premises if you have a contagious illness that may be transferred through ordinary use of our equipment, services or programs. You must cover exposed lesions or rashes.

### **ANIMALS**

You may not bring any animals on the premises unless it is a service animal performing its duties in the care of a person who requires its assistance or is an on-duty law enforcement animal ("exempt animals"). All exempt animals must be licensed, vaccinated and have identification tags (where applicable). The service animal must remain leashed or caged and under the care of a responsible person, who is not a member of the Club, at all times. The service animal must be removed immediately if it causes a disturbance, interrupts the work of others or poses a health or safety risk to those who are exposed to it. The service animal's owner must promptly remove animal waste and is liable for any damage caused by the animal.

## **DAMAGE TO CLUB**

You may not damage the Club in any way, including but not limited to any damage to or theft of; exercise equipment, towels, supplies or other Club property. If you or a guest or any person on your membership account damages any part of the club you must pay for it.

## **NON-MEMBERS**

The Club and its programs, services, amenities, benefits, classes and Club events are for members only. Non-members who wish to use the Club or any of its programs, services, amenities, benefits, classes or Club events must register and/or sign in at the front desk by executing an assumption of risk and waiver/release of liability agreement prior to entry of the Club and paying proper fees.

## **MEMBERSHIP**

The Taos Spa & Tennis Club offers several monthly memberships. Our membership prices, dues, fees, amenities, benefits, programs, classes and events are subject to change or termination at any time. The Club retains complete control over all matters affecting or relating to its members or memberships, including but not limited to any documentation or information that may be required of members or guests such as proof of familial/guardianship status, age or residency.

## **MEMBERS WHO ARE MINORS**

We welcome children as members, with membership changes at age 14 years old and 18 years old.

- **Under 14 (0 years to 13 years of age) Membership** Parents or legal guardians who are members may add to their membership dependent children who are younger than 14 years of age, free of charge. An "Under 14" membership is required for children under the age of 14 to use the club's tennis courts and indoor/outdoor pool areas. You or a permissible, responsible adult must directly supervise members who are under the age of 14 at all times, unless they are taking swim or tennis lessons.
- **14 - 17 Membership** Minors, between the ages of 14 and 17, may become members. The minor's parent or legal guardian must sign the appropriate waiver/release and agree to be the financially responsible party. 14 to 17 memberships must be paid by credit/debit card draft or EFT.
- Once a 14 to 17 member turns 18 the person, as an adult, must sign an adult waiver/release and may become financially responsible.
- **Grandparents** Grandparents may bring grandchildren under 14 years old to the spa IF appropriate waiver is signed by parent or legal guardian. Grandparents may NOT sign in place of parents or a legal guardian.

## **DISABLED MEMBERS**

We welcome disabled members to use our Club. If a disabled member must be accompanied by a non-member assistant or caretaker to reasonably accommodate the members use of the Club, we require both parties to sign a waiver/release agreement related to such use of the Club. For more information, please visit the front desk.

## **PAYMENT OF MEMBERSHIP DUES**

We collect monthly membership dues and certain other payments (such as recurring payments for services) on the 2nd or 15<sup>th</sup> day of each month. You may choose one of the two billing dates that works best for you. We collect these dues by electronic funds transfer from the designated monetary account (e.g. bank account, credit card, debit card) you have provided for your membership file. If we are unable to successfully draft payments from your EFT account on your billing date, we will attach a message membership file asking for updated payment information. A late fee of \$10 will be added to delinquent accounts. You must pay the balance on your account prior to using the Club. To change your designated billing date, or update account information please stop in or call the front desk. Dues are subject to change, by the club, at any time. In the event of a change in the dues, the Club will post a notice at the front desk 30 days in advance of the dues increase.

## **MEMBERSHIP CHANGES AND INFORMATION**

Subject to applicable restrictions, you may make changes to or obtain information about your membership after you have joined the Club, such as changing your EFT or CTA. To make a change to or obtain information about your membership, please visit the front desk. Generally, members may make changes to or obtain information about a membership as follows:

## **RESPONSIBLE PARTIES**

The person or corporation, that is financially responsible for multiple membership accounts, may change financial information, cancel memberships, obtain payment history only, or make payments on the account.

## **14 TO 17 STANDARD MEMBERS**

The parent/guardian of a 14 to 17 Standard Member may cancel the membership of 14 to 17 Standard Members for whom they are financially responsible for, obtain his/her club usage history and make payments on the membership.

## **UNDER 14 MEMBER**

An Under 14 Member may not make changes to or obtain information about the membership. Members may not obtain membership information upon request other than as provided above. Specifically, without legal process, members or guests may not obtain other private, confidential, privileged and/or proprietary internal business information, including but not limited to incident reports, video surveillance footage, or membership related photographs. Please direct any subpoena or other legal process requesting such information to the Club management. We reserve the right to disclose

such information in our sole discretion to aid the law enforcement process or as otherwise required or permitted by law.

### **MEMBERSHIP SUSPENSION OR CANCELLATION**

A member may terminate their membership for any reason upon advance notice to the front desk. THE CLUB WILL NOT REFUND DUES COLLECTED FOR THE MONTHS PRIOR TO THE CANCELLATION OF MEMBERSHIP. Non-use of the Club's facilities or programs will not be construed as notice of termination or cancellation of your membership. You are responsible for payment of dues until you terminate your membership in accordance with Club policies (see MEMBERSHIP--MEMBERSHIP CANCELLATION)

### **MEMBERSHIP FREEZE**

You may freeze your membership one time, per your calendar year, for a maximum of three (3) consecutive months at a rate of \$10 plus tax per month. (If you sign up in March, your calendar year is March to March of the following year.) Freezes are in monthly increments, beginning and ending one day prior to your billing date. To freeze your membership, you must request the freeze **BEFORE** your billing date and pay the applicable fee at the time you request the freeze. After the freeze period your membership will automatically and monthly dues will be charged to your account. If you will not be returning to the Club after the freeze period has ended, please call to cancel prior to the end of the freeze period.

### **MEMBERSHIP CANCELLATION**

Because we do not have long-term membership contracts, you may terminate your membership for any reason in advance: **in-person at the front desk OR by email: [tspamembership@gmail.com](mailto:tspamembership@gmail.com)**. Advance notice means that you come into the Club, any time **BEFORE** your designated billing date, to notify front desk staff of your termination request. The termination of your membership is not valid until the proper service agreement is signed by you, in the Club, at the front desk OR with an email reply verification.

### **MEMBERSHIP SUSPENSION OR TERMINATION BY THE CLUB**

We reserve the right to suspend or terminate your membership, or any member on your membership, at any time for failure to comply with these or any of our other rules, regulations, procedures or policies (which may be amended as necessary), or for conduct we determine to be improper or contrary to our best interest.

### **GUESTS**

We invite guests to use our Club, whether with a member or as a walk-in visitor. We may restrict overall or individual guest privileges or guest use of the Club at any time in our sole discretion, including limiting guest use to non-peak, family, or open hours, restricting guest use of certain amenities, or limiting participation in certain scheduled or special programs. All adult guests must be registered in our computer system, sign a waiver/release and present a valid driver's license or government issued identification



card. All guests under 18 years of age must be accompanied by a parent/legal guardian on the first visit. The parent/legal guardian must sign a minor waiver/release before the minor will be granted guest privileges. Junior guests (under age 14) must be accompanied by either a parent, legal guardian or an adult member at least 18 years of age at all times while on the premises. The parent/legal guardian must execute the waiver/release agreement for minor child/children. A guest may be granted entrance to the Club after paying a guest fee and signing a general waiver/release agreement.

### **REFUNDS, RETURNS AND EXCHANGES OF MERCHANDISE**

Merchandise in like new condition with original packaging and tags may be refunded or exchanged for a full refund up to 30 days from the original date of purchase. Proof of purchase is required, such as a receipt.

### **SERVICES OR PROGRAMS**

Services or programs may be cancelled, subject to any specific terms and conditions in contract applicable to the service or program.

### **FITNESS PROGRAMS AND INDIVIDUAL ACTIVITIES**

-You may cancel fitness programs (e.g., personal training and swimming classes), and private or individual classes (e.g., swimming classes) at the front desk or by delivering or sending written cancellation notice. We will refund all amounts paid if you cancel at least 24 hours before your first session. If you cancel after your first session has been serviced, we will adjust the unused balance by charging the single session rate for the sessions completed. Unused sessions expire one year from purchase. We will not refund fees for a scheduled session that you fail to attend, reschedule or postpone by contacting your designated trainer, instructor or coach at least 24 hours in advance. We will provide a refund or credit for programs we cancel if we cannot find a suitable alternative for the registrant.

### **REFUND METHODS**

Unless otherwise required by law, we will issue refunds only to the person who made the payment as follows:

#### **CREDIT CARD**

Payments made via credit card will be refunded to the same credit card account used at the time of purchase.

#### **CASH OR CHECK**

Payments made via cash, check or bank withdraw may be refunded by means of a Club gift card, membership dues credit or check. Refunds for payments by check will be processed within 30 days, unless the person who made the payment provides a copy of the cleared bank draft or check from his/her financial institution, in which case the refund may be made more quickly.

## **EFT FROM BANK ACCOUNT**

Payments made via electronic funds transfer from a bank account (EFT or ACH) may be refunded by means of a Club gift card, membership dues adjustment credit or a check addressed to the person who made the original payment.

## **GIFT CARD**

Payments made via gift card will be refunded on a Club gift card.

## **FITNESS AREAS (Weight Room & Cardio Areas)**

### **AGE LIMIT**

You must be at least 14 years of age to enter and use the fitness areas (weight room and cardio room).

### **POSTED RULES**

You must comply with all rules posted in all areas of the facility.

### **EQUIPMENT**

You must follow all safety procedures for equipment use, including but not limited to using safety clips or stops on mechanical equipment and refraining from dropping free weights. If you have any questions about equipment use, please see a Club Personal Trainer to familiarize yourself with the proper and safe way to use the equipment. You must return or replace equipment to its original location when you are finished with it, even temporarily. Do not sit on the equipment to lounge as other members may want to use it. Do not tie up equipment for extended periods. Do not exceed 30 minutes on any piece of equipment in the weight room. Please wipe down equipment before and after use.

### **EQUIPMENT RESERVATION**

You may not reserve equipment for your personal use by leaving items such as towels, water bottles, signs or notes. You must honor all signs on equipment, including notices of the equipment being out of service for maintenance.

### **EQUIPMENT IN DISREPAIR**

If you notice that any equipment is in disrepair, do not use it. Please report it, with a full description, immediately to the front desk.

### **INJURY**

We are not responsible for injuries sustained while using equipment even in the event of equipment failure, malfunction or disrepair.

### **PERSONAL ITEMS**

Unless otherwise permitted (water bottles), you may not bring or set bags, clothing, food or other items on the equipment or weight room floor. Unless otherwise permitted (water bottles), you may not bring or set bags, clothing, food or other items on the cardio equipment or cardio room floor.

You may not bring or use cell phones or laptops in the weight room or cardio room, including specifically while using any equipment.

## **GROUP FIT**

We offer introductory to advanced group fitness classes focused on cardio (e.g., athletic and choreographed), flexibility, balance and strength. We also offer mind/body classes, including yoga. We offer aquatics in our indoor pool (unless outdoor pool is open for season and weather permits).

The equipment in our aerobics room is for use by class participants only, and to be used during scheduled class times when being instructed by Club staff.

## **CLASS ETIQUETTE**

We request that you arrive for class a few minutes early to prepare your space or equipment (e.g., bike, yoga mats/props, etc.)

- The warm up at the outset of the class is an important part of the workout. If you arrive late, you may be denied entry. Because classes are designed as group activities, you should follow the instructor's routines or instructions consistent with your personal abilities and limits.
- You must wait for a class to conclude before entering the group fit room to prepare for the next scheduled class.
- Please wear attire and shoes (except for yoga) appropriate for the class.
- Street shoes are not permitted.
- You should plan to have a sweat towel for cycle and mat work.  
No other personal effects are permitted in the studio; we request you use a locker.
- Your cell phones must be turned off or in silent mode.
- After class, please wipe down and return all equipment to its proper place.
- Only Club staff members may operate the stereo and lighting equipment.

## **SPECIAL YOGA ETIQUETTE**

To avoid disruption, you should not enter class during opening meditation or leave during the closing resting pose.

- If you must leave class, please inform the instructor prior to the start of class and do so before the final pose.
- You should wear comfortable, layered, stretchable clothes and no shoes, perfumes or heavy jewelry.

## **AQUATIC AREAS**

We have adopted policies for our indoor and outdoor aquatics areas ("pool" and "hot tub" areas) for your safety and enjoyment. These policies supplement any posted rules and regulations. You must follow all policies, rules, regulations and directives at all times, whether they are written, posted, or orally delivered by a lifeguard, attendant or other Club staff member(s). Failure to comply may result in your removal from the pool/hot tub area(s), suspension or termination of membership or

guest privileges.

**\* ANY CHILD UNDER THE AGE OF 14 MUST BE DIRECTLY AND ACTIVELY SUPERVISED BY A PARENT OR LEGAL GARDIAN WHO REMAINS WITHIN 10 FEET OF THE CHILD AT ALL TIMES.**

Children under age 14 are allowed in the indoor pool area during "family" Hours when applicable (Saturday and Sunday 12:00pm to 3:00pm), and any time the outdoor pool is open, when accompanied by a parent, legal guardian and/or participating in Club swim lessons.

- A parent/legal guardian must be present at the same body of water the children are in at ALL times, except when the child is participating in Club swim lessons.
- An adult, 18 years of age or older, must accompany children under age 14. Children must be at least 3 months old to be in the pools unless enrolled in the Club's infant swim class.
- Children up to 3 years of age must wear swim diapers and/or tight fitting rubber/plastic pants.
- A full body soap and water shower is required prior to pool entry. All oils and lotions must be showered off!
- Proper swim attire is required in the pools and/or hot tubs. Jeans and workout apparel are not allowed.
- A t-shirt, shorts/cover-up and shoes must be worn when exiting the locker room and/or pool area to go to other areas of the Club.
- Diving, jumping, running, wrestling or other rough play is NOT allowed.
- Inappropriate language or behavior is NOT allowed.
- Lifeguards and Club staff must be obeyed at all times. Failure to comply with pool rules, written or verbal, may result in removal from the pool/ hot tub area and/or suspension or revocation of membership.
- If there is lightning or thunder in the nearby area, ALL aquatics facilities will be closed immediately, up to and including the indoor pools. All members will be asked to clear the pool deck until the lightening or thunder has left the immediate surrounding area.
- We do NOT issue rain checks to punch card holders or day use guests in the event that our aquatic areas must close and/or remain closed due to weather conditions. You should check the weather forecast prior to using a punch pass or purchasing a day pass.

- Strollers and chairs must be kept away from the edge of the pool to ensure adequate visual and physical clearance for the lifeguards.
- Food and drinks are allowed in the designated outdoor eating area (tennis pavilion) only. No food or coolers are allowed on pool deck at any time. Food and drink is not allowed on the indoor pool deck, except for clear bottled water.
- Containers must be unbreakable – NO GLASS CONTAINERS ARE PERMITTED ANYWHERE IN THE FACILITY AT ANY TIME!
- Small pool toys from home are allowed to be used as long as they are used appropriately.
- No personal activities, such as shaving, are permitted in the pools.

### **Outdoor Pool Lap Lanes**

- The outdoor pool lap lanes are for ages 14 and older.
- Kickboards, fins, and snorkeling equipment may be used. Please offer to share the lap lane, with anyone waiting, when the pool is busy.

### **Hot Tubs**

- Please consult the posted rules in the pool areas in addition to this listing of Rules
- The hot tubs may be used ONLY by individuals who are age 14 and older, NO EXCEPTION.
- Appropriate attire must be worn at all times. No personal hygiene activities, such as shaving, are permitted in hot tubs.

### **Dry Saunas**

Please consult the posted rules in the pool areas in addition to this listing of rules.

- The saunas may be used ONLY by individuals who are age 14 and older, NO EXCEPTIONS!
- No towels, excess clothing (clothing not being worn) or other flammable material is permitted in the saunas. Please do not take/leave items of any kind in the dry saunas to be left unattended, as this is a fire hazard.
- Do not tamper with thermostats or heat sensors
- Do NOT pour water over the heating elements, they are heated by electricity and electric shock may occur with any liquid being poured over them. (These are DRY saunas. Please use the Steam Room for wet heat)

- Appropriate attire must be worn. No personal hygiene activities, such as shaving, are permitted in the dry saunas. You may not wear rubber suits or excessive clothing in the dry saunas.
- You may not work out in the dry saunas

### **Steam Room**

Please consult the posted rules in the pool areas in addition to this listing of Rules.

- The steam room may be used ONLY by individuals who are 14 years of age and older. NO EXCEPTIONS!
- Appropriate attire must be worn. No personal hygiene activities, such as shaving, are permitted in the steam room. You may not wear rubber suits or excess clothing in the steam room
- You may not work out in the steam room.

### **PERSONAL TRAINING**

Our personal training services include instruction, coaching, advice, lessons or demonstrations concerning physical exercise, physical fitness, exercise strategies, wellness, fitness products, fitness equipment and other fitness-related activities by personal trainers or other instructors ("personal training").

Personal training services are available to members and non-members, typically for a fee per session, upon completion of a Personal Training Agreement.

You may not conduct or solicit on the premises any personal training as defined above, with or without compensation. The Club retains sole discretion to determine whether a member or guest is engaged in personal training.

### **MESSAGE**

Massage services are available to members, guests and non-members. Upon signing a waiver/release of liability; guests and non-members may use the club and all its amenities on the day of the scheduled massage.

### **Service Cancellations.**

If you must cancel or reschedule an appointment, you must provide notice to the Club at least 24 hours prior to the starting time of the scheduled massage.

Changes made without 24-hour notice are subject to full payment for the scheduled service.

If you fail to properly cancel or reschedule three (3) or more services, you may have to prepay for future services and forego a refund if such services are not properly cancelled within 24 hour advance notice.

## **RACQUET SPORTS**

### **Court Reservations**

Racquetball and tennis courts may be reserved through the Club's front desk.

You may reserve an outdoor tennis court up to 48 hours in advance, for a maximum of 2 hours per reservation.

You are limited to one racquetball reservation per day, for a maximum of 1 hour per reservation.

### **Attire and Eyewear**

When playing any racquet sport, you must wear shoes with non-marking soles.

When playing racquetball, we strongly encourage that you wear protective eyewear approved by USA Racquetball.