

Wapsi Physical Therapy and Fitness Center

Fitness Center Policies/Equipment Usage

All users are expected to adhere to guidelines and procedures listed below provided by Wapsi Physical Therapy and Fitness Center. Failure to adhere to the rules and/or directions of the staff governing the fitness center will result in administrative and/or disciplinary action, including but not limited to, suspension or cancellation of membership.

Equipment use:

- Exercisers must wipe down equipment after use (Use cleaning solution provided by the facility/staff. Spray towel first and then wipe equipment, this will help prolong the life of equipment).
- No dropping weights or allowing machine plates to slam down.
- No putting weights on benches.
- No weight lifting chalk permitted.
- There is a 30 minute time limit on cardiovascular machines during busy times.
- Re-rack all weight/plates to their designated area when finished with equipment.
- Share equipment and allow others to use your machine when doing multiple sets.
- No squatting outside of the squat rack.
- Use of the bar collars are required.

General Policies:

- No food or drinks allowed in the fitness center area (Exception: Water Bottles).
- No Smoking is allowed anywhere in the fitness center, including the entrances.
- Alcoholic beverages, glass containers, and/or illegal substances are prohibited in any area of the facility and will result loss of Fitness Center Membership.
- Any behaviors that may damage the facilities (Examples: chewing gum, tobacco, spitting, etc) are prohibited.
- Abuse of the facility or equipment will not be tolerated and are grounds for removal from the facility. (Examples: damaging equipment or other facility property).
- No firearms permitted in the facility.
- Bicycles, skateboards, rollerblades, scooters, motorized vehicles (except wheelchairs) or animals (except service animals/eye seeing dogs) are not allowed in any area of the facility.
- No backpacks or other personal gear are allowed in the Fitness area. Participants need to utilize storage space/locker rooms.
- Open-air radios or stereos, other than personal listening devices with headphones (Ipod, MP3, Portable CD, or Portable Tape Players), unless approved by the staff for use in specific areas, are prohibited.
- No cell phone usage in the fitness center/while using equipment
- Threats or acts of violence will result in loss of Fitness Center Membership.

- Day use shelves and lockers are provided for personal property (Please do not store valuables in these areas).
- Inappropriate language or behavior is prohibited.
- Wapsi Physical Therapy and Fitness Center is not liable for lost or stolen items
- Only Wapsi Physical Therapy and Fitness Center Instructors/personnel may conduct individual lessons, group classes or training sessions.
- Visitors touring the facility may not participate in an activity and must follow all policies while in the Fitness Center area.
- The Fitness Center may occasionally be closed for maintenance, no portion of the membership fee will be refunded for maintenance closure.
- Wapsi Physical Therapy and Fitness Center reserves the right to refuse admittance, sale of membership or revoke membership for violation of policies.
- Members must report any injuries to the front desk immediately.

Membership:

- Everyone must check in at the front desk.
- Everyone must enter and exit at the main door by the front desk.
- Wapsi Physical therapy defines FAMILY as an adult, a spouse, and any dependents living at home or at college. Adult, non-dependent children or other adults living at the same address are not eligible to be included in a family membership.
- Trespassing or access card fraud will result in loss of Fitness Center Membership
- It is recommended that everyone check with their physician prior to beginning an exercise program.
- Instruction for proper use of equipment is offered upon joining the fitness center.
- Memberships may be placed on hold in the event of an absence of a month or more. (Yearly memberships will be extended by the number of months that were absence). Less than 4 weeks will not be extended.
- Memberships are non-refundable.
- Children under 14 years old need supervision by an adult in the gym.
- Children under 14 years old require a consult to set up an exercise program that is suitable for their young growing bodies.

Clothing:

- Proper exercise attire should be worn at all times. This is for your safety as well and to prevent damage to the equipment.
- Shirts and footwear are required throughout the building (exception: Locker rooms)
- No cutoff jeans, belted shorts/pants, or clothing with rivets/buttons/zippers are allowed on the exercise equipment.
- Shirts must cover the chest, stomach and back.
- No daisy duke shorts, flip flops/sandals, boots.

-No loose jewelry.

-Clean shoes are required to keep the floor and equipment in good shape.

Classes:

-Class session will be cancelled if there are not at least 6 participants registered for the monthly session.