

Rules and Policies
Grantsburg 24 Hour Fitness LLC
705 West Highway 70
Grantsburg, Wisconsin 54024

1. ___ **You Must Be A Member To Workout At Grantsburg 24 Hour Fitness**
2. ___ **No Shoes Worn Outside Are Allowed In the Workout Areas**
3. ___ **All Children Under The Age of 16 Must Be Accompanied And Supervised By An Adult Who Is a Member of The Grantsburg 24 Hour Fitness Club.**
4. ___ **Persons Under the Age of 18 Are Not Allowed In The Building Between The Hours of 11 pm and 6 am.**
5. ___ **The Pace Exercise Circuit Area Is For Adults Only.**
6. ___ **Wipe Off All Machines Used With a Damp Towel Immediately After Use.**
7. ___ **Return All Free Weights and Dumb Bells to Their Racks After Use.**
8. ___ **Stay Out of Bont Chiropractic Clinic Rooms. You May Use the Waiting Room.**
9. ___ **If Others Are Waiting Limit Time On The Cardio Machines To Less Than 30 Minutes.**
10. ___ **Locks Left On Lockers Over Night Will Be Cut Off And The Locker Emptied.**
11. ___ **To Keep Overhead Down and Membership Affordable ~ If You Are The Last Person In the Locker Room Or Changing Area Please Turn Off All Lights, Fans, and Showers.**
12. ___ **Do Not Open The Security Doors For Persons Asking To Be Let In. If They Are A Member They Have an Access Card and a Code if They Forgot Their Card.**
13. ___ **NonMembers Are Not Permitted to Wait In the Building or Fitness Area While You Workout.**
14. ___ **No Smoking or Alcoholic Beverages Permitted In The Building or On The Property.**
15. ___ **No Sleep Overs In the Building.**
16. ___ **This Is A Public Place Inappropriate Behavior Is Grounds Police Action.**
17. ___ **Respect Others In Attitude, Language, and Behavior.**
18. ___ **Report Any Suspicious or Inappropriate Behavior To The Club Manager, Dr. Bont, or the Police.**
19. ___ **Grantsburg 24 Hour Fitness LLC and Bont Chiropractic Clinics LLC Are Not Responsible for Stolen, Vandalized, or Lost Belongings.**
20. ___ **Grantsburg 24 Hour Fitness LLC and Bont Chiropractic LLC Are Not Responsible For Any Injury, Sickness, or Loss of Life Associated With Your Workouts.**
21. ___ **Grantsburg 24 Hour Fitness and Bont Chiropractic Reserves the Right to Deny Membership or Access to the Building.**
22. ___ **Lost Access Keys Can Be Replaced For \$5.00.**
23. ___ **Returned Checks/Automatic Withdrawals Will Result in a \$25.00 Service Charge to Grantsburg 24 Hour Fitness.**
24. ___ **Changes to Rules and Policies Will Be Posted on the Bulletin Board.**

Member Signature _____ Date _____