



Rules and Policies

1. ___ You must be a member to workout at Grantsburg 24 Hour Fitness
2. ___ No shoes worn outside the Fitness Center 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 Fitness Center
4. ___ Persons under the age of 18 are not allowed in the building between the hours of 11pm and 6am
5. ___ The PACE exercise circuit area is for adults only
6. ___ Wipe off all machines that you used with a damp towel immediately after using that machine
7. ___ Return all free weights and dumbbells to their racks after use
8. ___ Stay out of the 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. ___ 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
11. ___ Do not open security doors for persons asking to be let in. If they are a member they have an access card that they can get in
12. ___ Non-members are not permitted to wait in the building or fitness area while you workout
13. ___ No smoking or alcoholic beverages permitted in the building or on the property
14. ___ No sleep-overs are allowed in the building
15. ___ This is a public place, inappropriate behavior is grounds for Police action
16. ___ Respect others in attitude, language, and behavior
17. ___ Report any suspicious or inappropriate behavior to the club manager, Dr. Bont, or the Police
18. ___ Grantsburg 24 Hour Fitness, LLC and Bont Chiropractic, LLC are not responsible for any injury, sickness, or loss of life associated with your workouts
19. Grantsburg 24 Hour Fitness, LLC and Bont Chiropractic, LLC are not responsible for any stolen, vandalized, or lost belongings
20. ___ Grantsburg 24 Hour Fitness and Bont Chiropractic reserves the right to deny membership or access to the building to any person for any reason
21. ___ Lost access keys can be replaced for a \$10 fee
22. ___ Returned checks/Automatic withdrawals will result in a \$5 fee per returned check/Automatic withdrawal to Grantsburg 24 Hour Fitness
23. ___ Changes to Rules and Policies will be posted on the bulletin board

Member Signature _____

Date _____