

BASIC TRAINING FITNESS CENTER

@ 600 BRICKELL

FITNESS CENTER RULES & REGULATIONS

To help ensure your safe use and enjoyment of our facilities, we have established the following rules and regulations that we require everyone to follow. Please note that from time to time we may find it necessary to amend or add to these rules and regulations. Please review and familiarize yourself with them. Please contact the Office of the Building at (305) 358-9807 should you have any questions.

CHECKING-IN

Members must use their building access card to enter the facility. Members may not loan their access card to anyone or grant access to the facility to anyone. Please notify the Office of the Building at (305) 358-9807 immediately if your access card is lost or stolen.

DRESS CODE

We reserve the right to deny use of the club to any person whose attire we do not consider to be appropriate in connection with the public image of our club and our rules and regulations. No profane language or slogans on any attire in the club is permitted.

Athletic shoes are required in exercise areas. No ragged clothing, cut-off or cut-down shorts or pants, half-shirts, curlers, swimsuits or sandals are allowed in the exercise or aerobic area. No personal effects such as jackets or gym bags are permitted in the exercise, aerobic, or free weight areas. If you wish to carry beverages with you during your workout, you must use a covered plastic container.

LOCKER ROOM

Lockers are available for daily use. We recommend that members not bring valuables into the facility and that each member uses a combination lock or padlock to secure their locker while using the facilities. Please do not leave valuables unprotected. We are not responsible for lost or stolen articles. Due to the limited number of lockers available, we cannot allow locks to be left on overnight. When this occurs, the locks may be removed and any personal articles in the locker may be placed in the lost and found. We accept no responsibility for articles left behind.

No hair dyeing or bleaching permitted in the locker room or the wet areas. No glass containers are permitted.

EXERCISE EQUIPMENT

Members must use the equipment only in the manner intended by the manufacturer. Please follow all instructions carefully. We reserve the right to limit your use of any equipment or facilities to ensure the equitable use of the equipment and facilities by all members. Members shall not move or modify the equipment in any manner whatsoever. No free weight or loose equipment shall be used in connection with any mechanical equipment or in any manner for which the equipment was not originally intended. If you believe any piece of equipment is malfunctioning, please notify the Office of the Building at (305) 358-9807 immediately. Members may not bring in their own equipment. Do not use the equipment if you are taking any medication that causes drowsiness or have any medical condition which makes such use inappropriate.

Towels are provided and readily available to members to wipe equipment upholstery clean after use as a courtesy to other members.

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FITNESS CENTER RULES & REGULATIONS *Continued*

FOOD AND DRINKS

Food is not permitted in the fitness center. You may carry beverages in covered plastic containers only during your workout; no glass containers are permitted in the facility. Please properly dispose of all drinking containers and refuse in the trash receptacles.

Alcoholic beverages are not permitted on the premises. Do not drink alcoholic beverages before using the facilities.

PERSONAL CONDUCT

Members agree to conduct themselves in a quiet and well-mannered fashion when in or about the facility and not cause any disturbances or interfere with the safe use or enjoyment of the facilities by other members. Members shall not conduct, purchase or subscribe to any commercial business or activity on the premises or solicit other members for any reason. Any complaints, including those of an emergency nature or requiring immediate attention, shall be made directly to the Office of the Building the manager.

HOURS OF OPERATION

Monday – Friday from 6:00am to 8:00pm

NO SMOKING/GUM CHEWING

We would appreciate all members to adhere to our NO SMOKING/NO GUM CHEWING policy. The use of any type of tobacco products, including smokeless tobacco, within the fitness center is prohibited.

ADDITIONAL RULES AND REGULATIONS

We reserve the right to amend or alter these rules and regulations at any time in our sole discretion. All amendments to these rules and regulations are effective immediately. We may terminate your access if you fail to follow the rules and regulations or for any reasons of nuisance, disturbance, or moral turpitude.

If you have any questions, please feel free to consult the Office of the Building at (305) 358-9807.

ACCEPTED & ACKNOWLEDGED

Member Signature

Date

Please Print Name

Phone