

FITNESS CENTER RULES & REGULATIONS

It's a privilege to serve you, and we thank you for joining Galva's fitness center! Our primary goal is to ensure that all members enjoy a clean and safe environment 365 days a year. To achieve this goal, we ask all members to abide by the following guidelines:

FITNESS CENTER HOURS:

1. Fitness center is open from 5:00 am to 9:00 pm daily. Interior lights will turn on when you swipe your fingerprint and will automatically turn off at 9:00 pm. Room occupancy sensors will turn lights off if they do not detect motion every 15 minutes.
2. Computerized web cameras have been installed in each fitness area and will record movements for security purposes.
3. In the event of a weather-related closure, we will post announcements on our website www.Sole2SoulGalva.com and will try to reopen the facility as soon as possible.
4. The fitness equipment may be off limits to members, from time to time, for safety inspections and scheduled maintenance. Management will make every effort to coordinate these ongoing projects during non-peak times to minimize member inconvenience. We appreciate your patience.
5. In the event of an emergency, please dial 9-1-1 and give the Ida County Sheriff's office this address: 125 South Main Street, Galva, Iowa. After contacting emergency personnel, please contact Director Anne Johnson at 712-210-0504 (cell) or 712-282-4730 (home).

GENERAL RULES:

1. All members must attend a required "Fitness Center Orientation" given by the Director and complete a Registration Form and Liability Waiver PRIOR to using the fitness equipment. No exceptions. No one may use the equipment unless their fingerprint is in the system.
2. Members are advised to be mindful of their personal fitness limits and to exercise at levels and paces that are appropriate to them. All members are encouraged to have a thorough physical examination completed by a physician BEFORE starting an exercise regime at Sole 2 Soul.
3. Sole 2 Soul offers individual, couple, and family yearly memberships. All membership fees will be deducted from your checking account on the 5th day of each month or members can elect to pay 12 months in advance by check. If, at any time, your account does not have sufficient funds to cover an ACH withdrawal, your membership will be revoked until such time as the transfer is covered.
4. Sole 2 Soul defines a FAMILY as an adult, a spouse, and any dependent children 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.
5. Members must be 14 years of age or older to enter the fitness center. Children of members aged 10 through 13 must have a parent, grandparent or legal guardian present to use the fitness equipment. Parents, grandparents and/or legal guardians are encouraged to be present at the fitness center to monitor their progress, motivate the child to exercise, and make them behave. No one under the age of 10 is allowed in the fitness center.
6. Members will use the FRONT door (west door) to enter and exit the fitness center.
7. Members should scan their fingerprint each time you enter the fitness center. Anyone who enters the building without a valid fingerprint will not be permitted to use the fitness equipment. The middle door (by the lockers) is for emergency exit only. Using the fitness equipment or loitering at the facility without a valid membership is trespassing.

8. Fingerprints will be obtained from those individuals listed on the Registration Form.
9. Members are permitted to operate the televisions but are reminded to keep volumes at modest levels so as not to disturb other members. Please turn off televisions before you leave the fitness center (if you are the only person in the fitness area) and leave the remote controls by the televisions at all times. Thank you!
10. Cell phones and any other messaging devices are not allowed in the fitness equipment areas. All phone calls and text messaging must be conducted in the lobby entry area. No photos.
11. Restrooms and supplies are provided for member benefit. Please keep these areas clean and report low product supplies to the Director by using the "Low Supply" forms that can be found in the top drawer of the cabinets in the front fitness room.
12. The main office, vault and basement are off-limits to members. In the event a siren goes off to warn of a severe storm or tornado, members may use the basement as a storm shelter. Please use the handrails and be careful when walking down the steps.
13. The laundry room is off-limits to members. The Director will launder all hand towels and keep fresh supplies in the fitness center.
14. First Aid Kits are located in each of the building's three restrooms.
15. Members are expected to act in a courteous and respectful manner. Profanity, yelling, rude, destructive or boisterous behavior will not be tolerated.
16. Alcohol, drugs, tobacco products and chewing gum are NOT allowed on the premises.
17. No firearms or knives are permitted in the fitness complex.
18. Bicycles, skateboards, rollerblades, scooters or animals are not allowed in any area of the fitness center.
19. Members are encouraged to immediately report fitness center abuses to the Director. Membership privileges may be revoked for inappropriate behavior, foul language, horse play, loitering after hours, unauthorized guests or for equipment abuse.
20. Any individual who intentionally mistreats the fitness equipment, another person, or the building will receive a written warning and be placed in the member's file. If a second violation occurs, the member will be escorted out of the building and membership will be revoked without refund.

EQUIPMENT USE:

1. Wipe off equipment after every use. Hand towels and cleaning solutions are available in the fitness areas. Spray towel first and then wipe equipment. This will help prolong the life of the equipment. Please put soiled hand towels in the basket by the laundry room before you exit the fitness center.
2. Allow others to work in or take turns on the equipment. There is a 30-minute time limit on all cardio equipment. Please do not monopolize equipment while others waiting or during peak times.
3. Ease weights into position on the machines and do not allow them to slam down. Re-rack weights and return all other accessories to their proper locations when finished.
4. All fitness equipment and hand towels are the property of Sole 2 Soul and are not to be removed from the fitness center. Removing equipment or hand towels from Sole 2 Soul without permission is stealing.
5. Fitness center members should report any equipment malfunctions to the Director by verbal communication or by using the "Fix Me" cards that can be found in the top drawer of the cabinets in the front fitness room.
6. Fitness center use is solely for individual personal fitness. No personal training of other members is allowed at Sole 2 Soul.

ATTIRE:

1. Proper work out attire is required. This includes a shirt, shorts or pants and sneakers. No street clothes, jeans, clothing with offensive wording or revealing clothing is permitted. No loose jewelry or scarves. Please use restrooms for changing into exercise attire. Fitness center staff reserves the right to determine what appropriate athletic attire is.
2. Open-toed sandals and boots are not permitted on equipment. During the winter season, members are encouraged to bring separate footwear for use in work out areas to keep the fitness floor areas dry.

VENDING:

1. A combination vending machine is provided for members to enjoy. The vending machine will contain assorted snacks, bottled water and sports drinks. The vending machine will be replenished on a weekly basis. If you would like a particular snack item to be considered, feel free to make a suggestion by using a "Let's Try This!" envelope that can be found in the top cabinet drawer in the main fitness room.
2. Water or sports drinks may be consumed from closed plastic containers with lids. Outside food and bottled beverages are prohibited in the fitness center.
3. Please be considerate of others and pick up after yourself. All snack wrappers and empty plastic bottles should be placed in proper refuse containers which are located in each room.
4. A coffee pot and supplies are provided in the middle of the building for members only. Please feel free to help out and make a fresh pot of coffee if supplies are low. A timer will turn the coffee pot off every day at 9:00 pm. If you would like to make a periodic free-will donation for coffee, tea or hot cocoa, it would be appreciated by using the "Thanks For The Drinks" envelopes that can be found in the top cabinet drawer in the kitchen.

FOR YOUR SECURITY:

1. Gym bags, coats, laptop computers, cell phones or other valuable items are not permitted around the equipment. Please secure your personal belongings in a locker or consider leaving them in your vehicle or at home.
2. Lockers are available free to members on a first-come, first-filled basis. If the locker is closed, it is in use. If it is open, it may be utilized while member is at the fitness center. Lockers can be inspected at any time by the Director if items are reported stolen or in the event of a medical emergency. Lockers are for daily use only.
3. The Director will maintain a "Lost and Found" box in the main office. Sole 2 Soul, LLC is not responsible for lost or stolen property.

GUESTS:

1. The fitness center, audio equipment and state-of-the-art machines are member-only privileges. Members should refrain from bringing guests in without prior advance notice to the Director.
2. In the event a member requests a Daily Guest Pass, the Director will provide payment options and equipment instructions. All members are responsible for the conduct and safety of their guests. Sole 2 Sole will not be held responsible for accidents incurred by unauthorized Guests.

3. All new member inquiries should be forwarded to the Director during normal business hours. We welcome new members year round and look forward to serving you!

THE MEETING PLACE:

1. The middle of the building and uni-sex restroom are intended for public meetings. If a sign on the door says “Quiet ... Meeting In Session”, please stay out of the kitchen area and be respectful of the people using The Meeting Place for their special event.
2. Members can play cards or board games in The Meeting Place on Monday afternoons. A schedule will be put together for these dates. Members should enter and exit the fitness center door and clear off tables after they are finished. Please store decks of cards or board games in the kitchen area for others to use and enjoy. Card parties will not be held if the Monday falls on a holiday or holiday weekend. Monday card party dates will be posted on the monthly calendar and are subject to room availability.
3. The alley door is for emergency exit use only and must remain locked at all times. The east door in The Meeting Place is for private use.
4. Members receive significant discounts on room rental rates for The Meeting Place. Please inquire about rates and space availability with the Director.

Failure to abide by any of the above-referenced guidelines may result in loss of member privileges. Management reserves the right to refuse admittance and/or eject from the fitness center premises any member who fails to comply with the above health and safety regulations. Management also reserves the right to charge members for the replacement or repair cost of any damages arising from misuse or abuse of equipment. On behalf of Sole 2 Soul, we thank you in advance for your cooperation in helping us maintain our Galva fitness center. We hope you enjoy using this clean, safe, healthy and friendly environment for many years to come! Feel free to ask questions or make suggestions!

I/We hereby certify that I/We have read the Rules and Regulations and agree to comply with same.

Family Member: _____ Signature: _____

Family Member: _____ Signature: _____

Family Member: _____ Signature: _____

Family Member: _____ Signature: _____

Family Member: _____ Signature: _____

Family Member: _____ Signature: _____

Date: _____ Witness: _____