



RULES, POLICIES AND PROCEDURES

Membership

Pinnacle Fitness Club offers memberships to adults, age 19+.

To qualify for a Senior membership rate, you must be 65 years of age or older.

Active Military, Police, Firefighter, EMS and/or Educator also qualify for a discounted rate on Annual Agreements with monthly Payments via EFT or ACH.

Membership Options include:

- Month to Month via EFT/ACH or Statement Billing (30 days written notice to cancel; no term obligation)
- Annual Agreement with monthly dues payments via EFT or ACH (also known as Annual Term)
- Paid in Full (6 months or 1year term)

Monthly Dues or Add On Fee Payment Options

Annual Term agreements and Month to Month memberships must be set up to automatically withdraw through Electronic Funds Transfer (EFT) via Credit or Debit Card; or Bank Routing & Checking Account Number.

Payment through EFT allows the Club to initiate a monthly debit entry from a checking, savings, or credit card account authorized by the member. Automatic withdrawals will occur on the 1st or 15th day of each month.

The monthly payment is for the entire month, from the 1st to the end of month, regardless if payment is taken out on the 1st or the 15th.

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Release Waiver

All members and guests 19 years of age or older must sign a release waiver. No guests under the age of 19 are permitted entry into the club.

Membership Card / Photo Identification

Each member will be issued a barcode keytag that will serve as a membership identification card. The barcode tag must be scanned each and every time a member enters the club.

Each member must also have a digital photo image on file with their electronic membership record. Failure to do so, may be cause for contract cancellation.

Medical Clearance

Consultation with a physician is extremely important prior to engaging in physical activity. Although medical clearance is not a requirement for membership, adherence to this recommendation is highly endorsed by Pinnacle Fitness Club management.

Hours of Operation

Hours of operation are posted in the club. Normal hours are:

Monday through Thursday	5:00 am - 10:00 pm
Friday	5:00 am - 9:00 pm
Saturday	7:00 am - 7:00 pm
Sunday	8:00 am - 6:00 pm

Please note: Operating hours may be altered for severe weather conditions or emergencies. Pinnacle Fitness Club reserves the right to cancel classes, and/or close the club early or open later due to severe weather conditions.

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Holiday Schedule

Pinnacle Fitness Club's holiday schedule is as follows:

New Year's Day	Closed
Easter Sunday	Closed
Memorial Day	Open 7am - 2pm
Independence Day	Closed
Labor Day	Open 7am - 2pm
Thanksgiving Day	Closed
Christmas Day	Closed

Please note: Special hours will exist surrounding major holidays. Ample notification will be posted within the Club, the Club Website, and Social Media posts. Pinnacle Fitness Club will follow normal business hours for all other holidays not listed above.

Parking

An area of the parking lot located directly south of the Club's entry doors is available for Club patrons when Club patrons are inside, using the club facilities. All parking stalls designated by a Pinnacle parking sign are available to Club patrons while they are using the gym. *All other stalls are reserved for building employees and may only be used by Club members after 4:30pm on weekdays.* All parking stalls are available on weekends. These parking stalls are to be utilized only when members are on the premises using the Club facilities. Violators who use the parking stalls when they are not physically inside the club or who leave their car in a parking stall overnight, will be towed at their own expense.

Lockers/Locker Room Etiquette

Pinnacle Fitness Club is not responsible for replacing lost or stolen personal items. Members are encouraged to lock all personal items in a locker. Pinnacle Fitness Club staff will not hold personal items at the Member Services desk/Lost and Found longer than 30 days.

Full and half-length lockers are free for *daily* use. Unless paid for monthly, lockers must be emptied after use. Members must supply their own locks.

Half-length lockers are available to rent for a nominal monthly fee. See a Member Services Concierge for rental information.

Members are asked to make sure all personal belongings are removed from lockers and to shut all locker doors completely; leaving the locker area looking clean and presentable for prospective members and guests.

Shower Stalls in Ladies Locker Room

When done using a shower stall, push the shower stall door *into* the shower dressing area; so it is obvious that the shower is now available for use. *Do not* leave shower doors closed or leave door open *into* the common space between the shower stalls.

Guests

Pinnacle Fitness Club offers guest passes. All eligible guests must be 19 years of age and older and are required to show photo ID and complete a liability waiver prior to using the facility. Day passes for guests vary depending upon Membership Tier.

Membership Freeze

All Annual or 6-month PIF memberships and Annual Term Agreement Memberships may freeze a membership for a maximum of three consecutive months per membership year. Member must submit a *freeze request form* to the Club 15 days prior to the effective date of the freeze. A \$10 (plus tax) fee per month is required upon submitting a freeze request (fee exceptions include membership freezes for military or medical reasons). Freeze periods must run from the 1st through the end of the month in order to be considered. *Members are not allowed to use the Club during the freeze period.* Membership freeze requests can be completed at the Member Services desk. If a member returns early from a freeze period, that member will be charged pro-rated membership dues for the days of the month remaining. All freeze months will extend the obligation period of a signed membership agreement.

Membership Cancellation

Pinnacle Fitness Club requires all membership cancellation requests to be submitted using a cancellation request form. Cancellations will be effective on the first of the month after 30 days from the dated and submitted cancellation request (no exceptions).

Term and Annual Paid in Full membership cancellations must adhere to contract cancellation policies. All membership obligations must be completed prior to effective date of cancellation. An email will be sent to the email address on file to confirm the cancellation has been processed according to the membership agreement signed by the member.

Club/Fitness Floor/Class Dress Code

Pinnacle Fitness Club asks all members to abide by the following dress code:

- Proper gym clothing must be worn at all times. T-shirts, tank tops, and sweatshirts are permitted. No denim or cut offs.
- Proper shoes must be worn at all times. Only athletic shoes are to be worn in all exercise areas. No boots, cleated shoes, bare feet, flip flops, slides or sandals (active participation in pool and yoga classes are the only exceptions to this rule).

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Pool Attire

Swimsuits must be worn and visible in the pool area—cutoffs, gym shorts, athletic shorts, sports bras, gym clothes, etc. are prohibited. Individuals wishing to request a variance from this policy due to religious or medical reasons must see a Pinnacle Fitness Club manager prior to pool use.

Thong bathing suits are prohibited.

T-shirts are not to be worn unless they are white cotton.

Exercise Areas Policies

All members are to abide by the following rules:

- There is a 30-minute time limit on all cardio exercise equipment if others are waiting.
- Please wipe off all exercise equipment with provided disinfectant wipes after use.
- Please allow other members to work in with you when doing multiple sets on weight equipment.
- Gym bags are not allowed in exercise areas.
- Proper attire, as detailed in the dress code section, is required in all exercise areas.
- Please return all equipment to the proper area.
- No cell phone use is permitted on the lower level of the gym or in the locker rooms. Please restrict cell phone conversations to the lobby.

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Free Weight Area

Use of the free weight equipment requires members to abide by the following rules:

- Spotters are recommended when lifting.
- Please allow others to work in with you.
- Please wipe off equipment with provided disinfectant wipes.
- Plate collars should be used on all bars.
- Re-rack weights and dumbbells after use.
- Do not drop weights.
- Use floor pads provided for all weights set on the floor.
- Do not lean plates or bars against weight equipment, walls, or mirrors.
- No standing on benches.
- Do not set bars or dumbbells on bench padding.
- Please remove all weight plates before moving bars.
- Please keep weight plates, bars, and dumbbells away from mirrors.
- Gym bags are not allowed in free weight room.
- No chalk is allowed.
- Do not sit on a piece of equipment and look at/use your cell phone. If you must look at your cell phone while working out, leave the equipment area/seat so others may use the equipment while you are otherwise occupied.

Pool Use

All members using the lap pool are required to abide by the following rules:

- *Everyone using the pool is required to take a warm shower.* There is a shower in the pool area for this purpose.
- No person having obvious communicable disease, skin eruption, cut, sore or lesion, eye, ear, nose or throat infection shall be permitted to use the pool.
- No running or boisterous play is permitted in the pool area.
- Hanging on or playing on the lane dividers is prohibited.
- No food, beverages, or glass permitted in the pool area.
- The pool area closes fifteen minutes prior to the Club closing time.

Sauna/Steam Room Use

All members are asked to abide by the following rules:

- No food, beverages, or glass permitted in the sauna.
- *Do not wear shoes in sauna/steam room* (flip-flops and sandals are approved).
- Do not leave magazines or papers in sauna.
- No exercising while in the sauna/steam room.
- Shower with warm, soapy water if going from the sauna/steam room to the pool.
- *No shaving in the sauna or steam room.*
- Do not add any oils, fragrances, or aromas of any type to the sauna/steam room.

Hot Tub Use

All members are asked to abide by the following rules:

- All members are required to shower before entering the hot tub.
- No person having obvious communicable disease, skin eruption, cut, sore or lesion, eye, ear, or throat infection shall be permitted to use the hot tub.
- Only swimming attire is permitted in the hot tub (no cut-offs, blue jeans, sweatpants, full-length tights, shirts, shoes, or socks of any kind permitted).
- No horseplay is permitted in the hot tub.
- No food or beverages are permitted in the pool area.
- No glass is permitted in the pool area.
- No magazines, newspapers, or books are to be taken into the hot tub.
- Pregnant women, those with high blood pressure or diabetes should consult physician prior to using the hot tub.
- Hot tub capacity: 12 persons at any one time.

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Food and Beverages

All food and beverages are restricted to the lobby area only. Only water is permitted in all other areas of the Club.

Members are asked NOT to bring protein powdered drinks or other smoothie type drinks onto the fitness floor.

Do not dispose of any protein powdered drink or smoothie mix drink in any of the club drinking fountains or water dispenser water units. Please dispose of those items in the men's or women's locker room toilets.

Free Friend Friday

All members are allowed to bring in a friend or family member 19 years of age or older on Fridays for no charge. Free visits are limited to three times per friend/family member.

Club Rules

Pinnacle Fitness Club reserves the right to add or amend Club rules at its sole discretion. All members and guests must abide by Club rules. The Club may, at its option, suspend members' right to use equipment and facilities in the event of a violation of Club rules by member, spouse, and/or family members. Violation of Club rules includes, but is not limited to: intentional damage or misuse of Club property, equipment and facilities, failure to follow Club policies and procedures, fighting, use of vulgar, profane, racially discriminatory or sexually explicit language, theft, or another illegal act. Suspension shall not obviate the obligation to pay dues. The Club will deny members access to equipment and facilities if member is under the influence of alcohol or illegal substances.