



# POLICIES & PROCEDURES

## FITNESS FLOOR GUIDELINES

- Please wipe all equipment (pads, handles, weights, bands, etc.) after use.
- Infants, toddlers or young children are not permitted in the Fitness Center even if secured by a stroller, pumpkin seat, or belly/back pack, etc.
- Non-members are not permitted to use the Fitness Center, GEX Studio or locker rooms.
- Please be considerate of your fellow members. Return equipment to designated place when you are finished
- No more than one set of weights or machines when people are waiting.
- Machine hopping is prohibited while other members are waiting.
- Members should not workout beyond their own physical conditioning and ability. All exercise participation is done at the risk of the member and the Fitness Center is not liable or responsible for any injury. All members are strongly encouraged to have a complete physical and stress test conducted before exercising.
- Food and drinks are not allowed in the Fitness Center. Water (in closed containers only) is allowed.

## CELL PHONE USAGE

- It is expected that all members will be able to use the Fitness Center in a relaxed and pleasant atmosphere. Therefore the use of cell phones should be limited to areas outside of the Fitness Center and GEX Studio. Social and business calls are disruptive and are discouraged.
- Cell phone use is strictly prohibited in locker rooms or restroom areas.
- If a member must be on call, choose a non-sounding setting device. Please respect others by keeping conversations at low levels.

## LOST ITEMS

- Please check with a staff member in the PHMC Fitness Center for any lost items or email [pmmcfitness@simplexwellnessco.com](mailto:pmmcfitness@simplexwellnessco.com)

## CONDUCT

- Members should conduct themselves in a manner conducive to a private club environment.
- Examples of unacceptable behavior include: using profanity, berating employees or other members, fighting, etc. Non-compliance of any rule may result in suspension or termination of membership privileges.
- Shirts and appropriate shoes must be worn at all times. Dress must be athletic attire. No cut-off shorts, swimsuits, jeans, wide gapped muscle shirts, cut-off shirts, or other apparel deemed inappropriate by a Fitness Center staff member.

## LOCKERS

- A limited number of day lockers are available at no charge. Members will have to bring their own locks and remove times and locks when they leave PHMC Fitness. Personal items left in lockers when the member is not on premises are subject to removal.
- Permanent lockers (available overnight) may be rented on a monthly basis, which includes laundry service. PHMC will provide locks and combinations for these private lockers. PHMC Fitness is not responsible for items that may be lost or stolen.