



**ZOOM TOTAL FITNESS, LLC/ZOOM TOTAL ATHLETICS
116 NORTH MAIN ST.
OAKFIELD, NY 14125**

Rules and Regulations:

- You must sign in upon arrival to the fitness center.
- You are the only one allowed in the fitness center with your pass code. Our security cameras will be monitoring this. NEVER let anyone in to see the fitness center. Do not risk loss of your membership.
- No wet, dirty shoes or sneakers can be worn on any equipment or anywhere in the fitness center. Bring extra clean and dry sneakers to use on the equipment and in the fitness center. NO EXCEPTIONS!
- NO gum, food, pop or candy is allowed in the fitness center or by any of the equipment at any time.
- Please keep the fitness center clean. Clean up any trash that you make.
- When done using any equipment, please use the sanitary wipes to clean them.
- Please use equipment in a proper fashion. NO equipment should be used in a careless, damaging way.
- When done using any dumbbells, bars, etc., please return them to the rack where they belong.
- Upon leaving you must shut off TVs and lights.
- ALWAYS make sure the door closes behind you.

MEMBERS SHALL CONDUCT THEMSELVES IN A QUIET, WELL-MANNERED FASHION WHILE IN THE FITNESS CENTER AND RESERVE ALL CRITICISM OF ANY KIND ABOUT OTHER MEMBERS.

DATE: ____/____/____

MEMBER'S SIGNATURE: _____

MEMBER'S PRINTED NAME: _____

MEMBER'S PHONE NUMBER: _____