



Hopi Fitness Center Policies



Welcome to the Hopi Fitness Center! To ensure a smooth and efficient experience for all members, please review and adhere to the following policies regarding membership.

The policies are established to ensure a safe, clean, and welcoming environment for all members of the Hopi Fitness Center. By using the Hopi Fitness Center, you agree to adhere to the policies outlined below. **Please read carefully.**

Membership Registration & Membership Cards

1. All members must complete the registration process by filling out a registration form and signing the Waiver of Liability before utilizing the facility.
2. Upon registration, the member is issued a personalized membership card, which is required for accessing the Fitness Center.

Membership Card Use

Check-In and Check-Out

1. Members are required to scan their membership card at the front desk upon entering and exiting the Fitness Center. This process helps us monitor the facility usage and ensure a safe and secure environment for all members.
2. Members who forget to bring their card more than three times may be denied access to the Fitness Center.

Card Security

1. Your membership card is personal and non-transferable. Allowing others to use your card may result in suspension of membership privileges.
2. Please keep your card in a secure place to avoid damage or loss.

Lost or Damaged Card

1. If your card is lost or damaged, a replacement card must be obtained before accessing the Fitness Center.
2. There is a \$5.00 replacement fee to obtain a new card if it is lost and/or irresponsibly damaged.

3. Cards damaged through normal wear and tear will be replaced with no fee.
4. If you experience any issues with your membership card, please contact the front desk for assistance.

Fitness Center Age Requirements:

- Members age 12 years and older are allowed to utilize equipment in the Fitness Center.
- Members ages 8-17 years old must be accompanied by an adult 18 years and older.
- Children between the ages of 8-11 years old are permitted to use the Fitness Center under the following conditions:
 1. They may use **ONLY** the treadmill, elliptical machine, and the recumbent bike (cardio equipment) with adult supervision on the same equipment at all times, and they may use the group fitness room with an adult present.
 2. Children are NOT allowed to walk around in the Fitness Center, sit in an open space in the Fitness Center, or wait in the facility while adult members work out.
- Kids Korner services are available for children 3-7 years old while their parent/legal guardian is using the Hopi Fitness Center. Please ensure you register with Kids Korner if you would like to use the services.

General Rules:

- Food is not allowed in the Fitness Center.
- Sugary drinks (pre-workout drinks, juices, Gatorade, energy drinks, etc.) are prohibited. Only water in a closed container is allowed.
- All equipment must be wiped down after use with sanitizing wipes available at designated locations in the Fitness Center.
 - If you put chalk on your hands before using the equipment, ensure that the entire chalk residue is wiped off of the equipment.
 - Do not use Kleenex to clean the equipment.
 - Do not wipe the monitors on the cardio equipment.
- The free weights must be wiped clean, returned to its proper place, and re-racked after use.

- Hand towels are provided for member use to wipe sweat during their workout. Used hand towels must be put into the dirty towel hamper located near the entrance of the Fitness Center.
- Bags and jackets must be left at the designated area near the front of the Fitness Center.
- Cell phones are allowed in the Fitness Center; however, members must be considerate of others when talking on their phone. Members should not spend excessive time sitting on the equipment while texting as others may be waiting to use the equipment.
- Appropriate workout attire is required. Jeans are not appropriate workout attire. Proper shoes are also required and must be worn at all times when utilizing the strength or cardio equipment; no open-toe shoes, sandals, or boots.
- Clean indoor shoes are mandatory. Do not wear muddy outdoor shoes into the facility.
- Used tissues must be disposed of in the trash cans provided.
- The shower facilities at the Hopi Veteran's Memorial Center are reserved for Fitness Center users only. Public use is not permitted.

Consequences for Violations

Failure to comply with the policies of the Hopi Fitness Center will result in the following actions:

1. Verbal warning issued by the staff.
2. Immediate removal from the Fitness Center.

Acknowledgment of Policies and Guidelines

By signing below, I acknowledge that I have read, understood, and agree to abide by the policies of the Hopi Fitness Center.

Signature of Member

Date