Fitness General Guidelines

The Fitness Center

Please be mindful of our policies and procedures!

General Guidelines:

- All members, lessees, and guests must present their membership card or scan their QR code on the app upon check-in.
- Gold Card Holders must have their card activated to use the facility without the member present. Please contact the Membership Department for activation.
- Gold Card Holders are still considered Guests. Without an active card they must have the member present at check-in and remain with them during their visit.
- All non-offspring guests, household guests, and day guests are subject to a daily guest fee of $21.40 (tax included).
- Cell phone use for phone calls is not permitted in the gym facility, locker rooms, or classes. Please use the Lifestyle Lobby, designated telephone booths, or lockers if you need to use or store your cell phone.

Fitness Center:

- Season (Nov 1 – Apr 30): All guests may use the Fitness Center (Gym Area, PT Area, & Studios) after 11am.
- Summer (May 1 – Oct 31): Guests over the age of 16, may may use the Fitness Center (Gym Area, PT Area, & Studios) at any time. Free guest days on Monday, Friday, Sunday (up to 3 guests at no charge).
  - Guests 12 – 15 years old may use the Fitness Center after 11am.
- Children ages 12-15 must be accompanied by an adult (18+) and must complete a Fitness Orientation prior to using the facility.
- Outside Personal Trainers are not permitted to be used in the facility.

Locker Rooms:

- Guests may use the locker rooms at any time.
- Children under 18 are not permitted in the Whirlpool, Sauna, or Steam Room.
- Children ages 3–16 must be accompanied by an adult of the same gender while in the locker areas.

Group Classes:

- Check-in for general classes begin 90 minutes before the class start time. Members may sign up for two consecutive classes.
- Check-in for Core/Outdoor Studio Classes begins 60 minutes before the start time. If you wish to attend a second Core/Outdoor Studio class, you will be placed on a waitlist.
- Guests may participate in classes at any time but will be placed on a waitlist; members have priority. If space allows, guests may join the class.

Private & Semi-Private Services:

- A current Health History Questionnaire must be on file before completing any services with the Fitness Center.
- Private Personal Training and Pilates are scheduled based off a preferred time, day and provider and must be requested online to book a standing appointment/summer booking.
- Single appointments may be booked up to two months in advance.
- Semi-Private Trainings are pre-scheduled trainings that members join. These can be requested monthly on the 15 of each month for the following month.