

## FITNESS FAQ'S

### **Will there be a fee or charge for the usage of the fitness facility?**

No, the fitness facility will be an amenity for the entire membership.

### **Who will be permitted to use the fitness facility?**

The fitness facility will be open to all members and their families. No one under the age of 16 will be allowed in the facility without an adult or the club personal trainer.

### **When can a member start using the facility?**

All members must complete a brief equipment orientation on how to use the equipment properly and safely.

### **What will be included in an equipment orientation?**

This will be a complimentary overview of how to adjust the equipment settings, how to operate the equipment, and will also include a basic exercise routine.

### **What is the fee for a guest?**

Guest will be allowed only if accompanied by a member in the fitness facility. A fee of \$10.00 will be charged to the member's account, and the member must be present with the guests at all times. Guest may use the facility twice a month or up to 12 times a year.

### **May I pay the instructors or personal trainers in check, cash or credit card?**

No, all charges will be billed directly through your club account.

### **Will I be able to receive personal training at the fitness facility?**

Our personal trainers will be certified and carry the necessary insurance to be qualified to train in our facility. Members will not be allowed to bring in outside trainers due to insurance restrictions. Members willing to work with other members are on their own recourse. Whether you are beginning a new fitness routine or training for a specific sporting event, our trainers will help you set and achieve your health and fitness goals.

### **What will be the fee for personal training?**

Personal training rates will vary depending on the number of sessions purchased. On average, a one-hour training session will cost approximately \$45. Various Personal training packages will be available to our members.

### **Will there be lockers for members to use?**

Yes. The ladies' and mens' restrooms have complimentary lockers for the membership to use. Members are asked to provide their own locks, which need to be removed after your workout session. Lockers are on a first come first serve basis. Members will not be able to leave their belongings in the lockers overnight.

**Will we have fitness programs for diverse age groups with different levels of experience?**

Yes. The fitness director will be able to work with all age groups and be educated on consulting and programming proper fitness programs for all experience levels.

**Will towel service be available or should I bring one from home?**

Yes. Hand towels will be available for the use while in the fitness facility. Bath towels are located in locker rooms.

**Is there a dress code for the fitness facility?**

Members are encouraged to wear conservative attire suitable for exercise. Shirt and shoes are required at all times. No swimsuits are allowed.