

General Fitness Facility Information

Direct Phone Number: 276-638-1857

Hours of Operation:

Fitness Facility Hours

Monday – Sunday 5:30 a.m. – 9:00 p.m.

To enter the fitness facility between these hours, please use the lower entrance security door. Members must complete an orientation and have the necessary paperwork on file to be provided an access code.

General Policies

Fitness Room Guidelines

All members must sign-in at the desk within the fitness center before working out.

Every member must sign the consent for exercise program form before working out for the first time. Complimentary equipment orientations with personal trainers may be scheduled to ensure proper usage of the fitness equipment.

Members' children 16 years of age and older are allowed to use the Fitness Facility during all hours of operations. Children 12 to 15 years old, accompanied by parents or a contracted personal trainer, are allowed to be in the Fitness Facility and use the equipment. For the safety of children and staff, children under the age of 12 are prohibited from the Fitness Facility.

Cancellations of an appointment with a personal trainer or group exercise program less than 24 hours before hand will be charged full fee for the service. This applies to 'no shows' as well.

Members are encouraged to have cell phones on silent or vibrate while in the fitness center. Please limit cell phone usage to the lobby areas.

Proper exercise attire (sneakers, Shirts/workout tops, and shorts/pants) are required in the fitness room at all times. No bare feet or swimsuits allowed.

Please be aware that there is a 30-minute maximum on each piece of cardiovascular equipment during peak hours.

No food or drink is permitted in the fitness area, with the exception of water bottles.

The entire building is a non-smoking facility.

Please be safe and courteous. Do not drop or slam weights or bars on floor. Lift weights slowly and in a controlled manner.

Please de-plate all bars after use and return weights to their proper racks.

Wipe down cardio equipment with finished. Spray bottles and cloths are provided for your convenience. Please spray onto cloth and then wipe the equipment (this prevents equipment from rusting).

Please drop your towel in a “used” towel bin when finished with your workout.

Towels must be left in the fitness facility.

Outgoing local phone calls may be made upstairs. The Fitness Room phone should be used for emergency use.

If you need help at any time, please ask the staff for assistance.

Guest

Members must accompany guest at all times in the fitness center.

Guests may use the facility twice a month, or 12 times a year.

A guest fee of \$10 will be charged to the member’s account. For guest participating in group exercise class all regular fees apply.

Comment Cards

Comment cards are a great way for members to communicate preferences, compliments, and suggestions. They are available at the fitness facility’s desk. Simply fill the comment card out and drop it in the Comment Card box. We will review your comments regularly.

Fitness Room

Our state-of-the-art fitness room overlooks the scenic driving range and Leatherwood Creek. While using the cardiovascular equipment, Broadcast Vision/Cardio Theater is available for your convenience. Choose between 2 television stations, all members are asked to bring their own headphones or IPOD. For the pleasure of all, TVs are to remain without volume; wireless headphones are available for purchase in most retail outlets.

We recommend that everyone attend an equipment orientation. Improper use of the exercise equipment may result in serious injury. The guidelines and rules that follow will help acquaint you with the best approach to reduce risk of injury and to promote your overall health and well-being. So please ask the staff for assistance when needed.

Gift Certificates

Not sure what to get that special someone? Give them the gift that will be the perfect size! Gift certificates are available for personal training, group classes, or any program we offer. Please call the business office in the Main Clubhouse.

Locker Rooms

We have men's and ladies' locker rooms with all the comforts of home – changing areas, showers, and all the amenities you can use. Members may provide own lock, which should be removed at the end of their daily usage.

Lost & Found

The lost and found is located at the front desk of the Sports Complex. If you cannot find your lost items, please check with the fitness front desk as well. Items left for over 30 day will be donated to charity.

Opening & Closing Delays/Changes

The Chatmoss Country Club reserves the right to delay openings and/or close early due to inclement weather or power outages.

Release Forms

All members utilizing the Fitness Facility will be required to sign a “consent for exercise program” before working out for the first time.