



GULF HARBOURSM
YACHT & COUNTRY CLUB

Spa & Fitness Rules

1. Members and guests must sign in at the reception desk before using the facilities.
2. Everyone using the facility must sign a liability waiver. Everyone should consult a physician before starting any exercise program or using any exercise facilities. Gulf Harbour may require a doctor's clearance before allowing use of the facilities.
3. Appropriate workout attire, including shirts and rubber soled shoes must be worn at all times.
4. Children must be at least sixteen (16) years of age to use the Fitness Center facilities and must have a Member parent's consent form and signed liability waiver. Children ages 13 to 16 may not use the Cardio and Weight Room equipment unless supervised by a parent or a trainer at all times. However, with the written permission of a parent and the Fitness Club Manager, children ages 13-16 that have completed a special orientation program may use all facilities. Children ages twelve (12) and under are not permitted in the Cardio and Weight Rooms.
5. As a courtesy to fellow members, please use towels to wipe down the fitness equipment after use.
6. Please limit your time to thirty (30) minutes on any piece of equipment if others are waiting. Also, resting time between sets on the equipment should not exceed the customary one/two minute interval.
7. Lockers are provided for daily use. Please pick up a key from the reception desk and return the key as you leave the Club. Annual Locker rentals may also be made available.
8. Skateboards, rollerblades, or similar devices are not permitted inside the Spa & Fitness Club or on the pool deck, patio areas, or sidewalks.
9. Guests will be permitted on a limited basis. Guests may be charged a fee for use of the facilities as determined by the Club. All guests must sign in at the reception desk prior to using the Fitness Club or pool facilities. Guests must be in possession of a valid Guest Card or they must be accompanied at all times by their sponsoring member. Guests who do not sign in at the reception desk, or unaccompanied guests who are not in possession of a Guest Card, may be asked to leave the facilities immediately. Non-compliance with guest policy may affect future eligibility for guest privileges at the discretion of the Board. From November 1st through April 30th, guests are not allowed to utilize cardio and workout facilities prior to 11:00 a.m. Fitness Classes are exclusively for members and may not be attended by guests.
10. Pets are not allowed in the Fitness Center.
11. Only Gulf Harbour Fitness Staff or persons expressly authorized by Gulf Harbour may solicit or provide services (as hereinafter defined) to Members and guests while they are in the Spa & Fitness Club. "GH Services" are types of services that Gulf Harbour Spa & Fitness Club provides to its Members and include, but are not limited to, Personal Training, Pilates, Water Aerobics, Swim Instruction, Yoga classes, workshops, other forms of fitness instruction, and sales of food, beverages, nutritional supplements and other products.
12. Only drinks with spill-proof lids are permitted in the Gym, Cardio Room, and Aerobics Room.