



MEDICAL FITNESS PROGRAM POLICIES & PROCEDURES

Hours:	Monday:	7:30 a.m. - 6:30 p.m.
	Tuesday:	9:00 a.m. - 5:00 p.m.
	Wednesday:	7:30 a.m. - 6:30 p.m.
	Thursday:	8:00 a.m. - 5:00 p.m.
	Friday:	8:00 a.m. - 1:00 p.m.
	Saturday:	Closed

WELCOME

ProActive Fitness welcomes you to our medical fitness program and will do everything it can to help you reach your rehabilitation and fitness goals.

PARTICIPATION POLICIES & FITNESS CENTER RULES

ProActive Fitness designed the Participation Policies ("Policies") and the medical fitness program rules ("Rules") to insure a safer and more enjoyable environment in which to exercise. So, please be thoughtful and observe the Policies and Rules as you, and all members, agree to follow. ProActive Fitness may, in its sole discretion, modify the Policies and Rules without notice at any time. It's your responsibility to know and follow the most current Policies and Rules.

The following policies replace all previous Policies. If there is any conflict between these Policies and the Rules, these Policies apply. However, if there are Rules with a later date than these Policies, the Rules apply. All approved signs posted on the premises shall be considered a part of the rules and regulations of ProActive Fitness.

PROACTIVE FITNESS EQUAL OPPORTUNITY POLICY STATEMENT

ProActive Fitness seeks, enrolls, and maintains memberships without regard to race, religious creed, color, national origin, ancestry, physical disability, mental disability, medical condition, marital status, sex, sexual orientation or age. It is further fitness center policy that no circumstance or conduct undertaken by fitness center personnel shall have the effect of discrimination on the basis of any of the aforementioned classifications. All fitness center members shall have full and equal access to the fitness facility. All members with disabilities shall be entitled to reasonable accommodations for their physical and mental impairments. Any members with disabilities shall be entitled to reasonable accommodations for their physical and mental impairments. Any member who believes that he/she is/has been treated unfairly on any of the aforementioned matters should first report to the fitness program Management at (678)205-5736.

CHECK IN

You must check in at the front desk and present your photo ID before you use the Facilities. The photo ID can be an original of a driver's license, state ID, student ID, military ID or passport.

RULES AND REGULATIONS

1. The ProActive Fitness reserves the right to cancel a member's participation for any or all of the following reasons:

- A. If a participant is found guilty of stealing equipment, supplies, money, or any other property of the ProActive Fitness. Fees will not be refunded.
 - B. If a member is physically violent towards any other member, student, instructor or staff member at ProActive Fitness.
 - C. If a member is verbally abusive towards any member, student, instructor or staff member at ProActive Fitness.
2. All fees are non-refundable and memberships are non-transferable.
 3. Member agrees to pay dues, regardless of actual use, on the 1st day of each month. There is no participation term.
 4. Members are responsible to give ProActive Fitness written notices of any and all address changes. Failing to give notice presumes that all communication/billing is received.
 5. Personal items must be removed the same day of use. All items found in the facility will be placed in the Lost and Found at the front desk.
 6. The only personal items allowed on the exercise floor are plastic water bottles with water, a towel and personal CD players/mp3 players. All gym bags, purses, keys etc. must be placed in a designated location in the facility. ProActive Fitness is not responsible for any personal items left at the front desk.
 7. Member must bring a workout towel, wear closed-toe athletic shoes and a shirt before entering the exercise floor. Jeans and sandals are not permitted.
 8. There is no smoking allowed in any area of the facility.
 9. All children who are not participants must refrain from entering the exercise area.
 10. Participants must be at least 12 years of age.
 11. ProActive Fitness urges all participants to seek the clearance of their physician if they have suffered any cardiac or pulmonary disease and/or disorder or feel that they would like to seek the advice of their physician prior to starting an exercise program.

USE OF THE FACILITIES

Availability of Facilities: Any or all of the Facilities or services, including but not limited to, classes and equipment may have limited hours or may be discontinued altogether at any time and be offered on a “first come first served basis.”

Conflicts Regarding Use: Please don't linger on the equipment because other participants may want to use it. No participant should monopolize the equipment or weights. Participants are expected to observe a 20 minute time limit on all equipment if other members are waiting. If there is a sign-up list for the use of the equipment and a maximum time limit on its use, ProActive Fitness expects all the members to follow the Rules. In short, observe gym etiquette. If there is a conflict over use, let ProActive Fitness Management resolve it.

Specialty Classes: ProActive Fitness has specific procedures, rules and may charge you for special classes. Please see the front desk or read the posted information for these activities.

Weights & Other Equipment: There are specific Rules posted regarding the use of the weights and other equipment in the Facilities. As a courtesy, please replace the weights on the rack after you use them and wipe off any benches after your use.

No Solicitation: Any solicitation within any club is absolutely forbidden. This includes, for example, solicitation for profit, political purposes or any other reason. This includes, but is not limited to, use of petitions, distributing or

posting leaflets, notices or advertising anywhere in the facility, or leaving multiple copies of leaflets or other papers in the facility.

GENERAL POLICIES FOR MINORS

You and your minor children must follow any such rules and regulations and pay any applicable fees. To participate, all minors need the financial guaranty of a parent or guardian and the parent or guardian must sign the Medical Fitness Program Agreement.

Minors Under 12: May not use the Facilities at any time and must be accompanied by a parent or guardian at all times when in the Facilities, unless the minor is participating in a ProActive Fitness approved program. If your minor child reacts negatively or cannot behave, ProActive Fitness will ask you to make other baby-sitting arrangements. This policy on the use of the Facilities does not apply to minors under 12 who are not participants.

Minors 12 - 17: May use the Facilities without being accompanied by a parent or guardian if the minor is a participant and their parent or guardian signed the financial guaranty and the Medical Fitness Program Agreement. ProActive Fitness reserves the right, in its discretion, to require that a parent or guardian accompany a minor.

PERSONAL PROPERTY

ProActive Fitness is not responsible for any theft of, or damage to your personal property.

PROHIBITED ITEMS AND ACTIVITIES

No Alcohol, Drugs, or Smoking: You cannot use the Facilities or engage in any activity at ProActive Fitness while under the influence of drugs, alcohol, or medication. Also, ProActive Fitness does not permit smoking, alcohol, illegal drugs, including steroids in its Facilities.

No Weapons: No weapons of any kind are permitted in ProActive Fitness facilities.

No Photographic or Video Equipment: No photography, video taping, filming or audio recording is permitted on these premises without written permission of the Management of ProActive Fitness.

Food & Beverages: ProActive Fitness reserves the right to limit the consumption of food or beverages in workout areas.

Personal Training: Under no circumstance is any member to train another member for compensation. If it is determined that paid personal training has been conducted on the premises, the trainer and trainee will each lose their membership.

Outside Equipment: ProActive Fitness reserves the right, in its sole discretion, to limit or restrict the use of outside equipment in the center.

DRESS/TOWEL POLICY

ProActive Fitness requires you to wear appropriate clothing and footwear while in the Facilities. Here are general guidelines: gym shorts, T-shirts, jogging, aerobic and sweat outfits are all right for exercising or aerobics, but street clothes/shoes and jeans are not. You must have a cloth towel with you during workouts to protect and clean the machines you use.

CONDUCT

While in the facilities, ProActive Fitness does not permit and will not tolerate any inappropriate conduct. Such conduct includes, without limitation, using loud, abusive, offensive, insulting, demeaning language, profanity, lewd conduct or any conduct that harasses or is bothersome to members or ProActive Fitness employees.

VIOLATION OF RULES

If any member participant violates any of the Policies or Rules, ProActive Fitness will ask that person to stop or leave. A violation may also cause ProActive Fitness to terminate the violator's participation according to the terms of their Medical Fitness Program Agreement.

STEROID WARNING

Use of steroids to increase strength or growth can cause serious health problems. Steroids can keep teenagers from growing to their full height; they can also cause heart disease, stroke, and damage liver function. Men and women using steroids may develop fertility problems, personality changes, and acne. Men can also experience premature balding and development of breast tissue. There are also civil and criminal penalties for the unauthorized sale, use, or exchange of anabolic steroids