

FACILITY POLICIES

Liability Waiver: All members and guests must sign a liability waiver before utilizing the facility.

Check in: Members are required to check in at the front desk at each visit for safety and security purposes.

Age Restrictions

- **Ages 11 and under:** Children 11 and under may use the facility as a guest but must have a note from their primary care provider and must be accompanied by a parent/guardian at all times.
- **Ages 12-15:** Children 12 – 15 years old may join Manistee Health and Fitness but must be accompanied by an adult at all times.
- **Ages 16 and up:** Teens age 16 and up may join Manistee Health and Fitness and use the facilities unaccompanied.

Refunds and Credits: There are no refunds on membership fees.

Membership Holds: You may request to put your membership on hold once during a calendar year for up to 6 months. There is a \$10 fee per month to put your membership on hold, payable at the time the hold is requested.

Medical Hold: Members who are unable to use the gym due to a medical condition may have a medical hold form (available at the front desk) completed by their health care provider. There is no charge for a medical hold.

Punch Cards: Punch cards for 5 or 20 visits are available for purchase. The punch card will expire one year from the date of purchase. After expiration, the punch card will be deleted from our records.

Day Pass: Community members and guests may use Manistee Health and Fitness by purchasing a day pass and must complete a liability waiver. Anyone under the age of 18 must have a parent or guardian sign the waiver. Children under 16 must be accompanied by an adult at all times.

Personal Belongings/Lockers: Manistee Health and Fitness is not responsible for lost, stolen or damaged items. The lost and found is located at the Front Desk. We will keep items for 2 weeks. If not claimed, they will be given to a local charity. We recommend not bringing valuables to the gym. Lockers are available for use during gym visits. Members must supply their own locks. Belongings may not be left in the locker overnight. If locks are left on overnight, the lock and belongings will be removed.

Towels: Manistee Health and Fitness provides towels for use in the gym and after showering. Leave these towels on the premises.

Personal Training: Personal, partner, and group trainings are a paid member service available for ages 12 and over. Non-Manistee Health and Fitness trainers are not allowed to provide training in the Manistee Health and Fitness facilities.

Member Dress Code: Please use good judgment with your attire.

- **Shorts:** Should be basic athletic shorts without skin overexposure.
- **Pants/shorts:** Should not expose undergarments or midriffs.
- **Shoes:** Shoes must be closed toe, clean, athletic shoes. When weather is snowy, please bring a dry pair of shoes to use in the gym area. Wet, salty shoes will not be allowed as they will damage the equipment.
- **Shirts:** T-shirts or tank tops must be worn in the facility. Please do not wear shirts displaying inappropriate designs, logos, or offensive comments.

Code of Conduct

The following is prohibited:

- The use of vulgar or threatening language
- Physical contact with another individual
- Sexual contact with another individual
- Harassment through words or gestures
- Theft or behavior that results in the destruction of property
- Carrying or concealing weapons, devices, or objects that may be used as weapons
- Using, possessing, or being under the influence of illegal chemicals or alcohol on the Manistee Health and Fitness property

Disruptive individuals will be asked to leave the premises.