

MAIN STREET FITNESS RULES INCLUDING KEYLESS ENTRY DURING CLOSED HOURS

- Do not give your personal ID Number to anyone, including family
- You are the only one allowed in, you are not allowed to bring your children, family, or friends unless they are a member
- If using the stereo or TV be considerate of others, if you are asked to turn it down you must do so
- You are allowed to pull the shades down or up in the front window
- Be sure everything is turned off if you are the last one leaving
- Bring clean shoes for winter months
- Must Sign in w/Time when you enter Fitness Center before you work out
- No children in Fitness Center under 15, if over they must join and be accompanied by an adult
- Put your weights away after using and do not move equipment
- Clean equipment when done with cleaner and towel supplied
- No foul language
- No drinks except water on the gym floor
- You can buy water at \$1.00 per bottle in the refrigerator, HONOR SYSTEM
- 30 minute time limit on cardio equipment if people are waiting
- Do not drop weights
- When lifting weights using the benches with no one else around please use the rack system in the front using the safety sides so the barbell can not fall on your chest.
- Do not make excessive noises when training
- Shirts must be kept on while training
- Fitness Center does not have an A.E.D. or heart machine
- No one under 18 years old is allowed to off hours entrance
- No one is allowed to work out alone. There must be at least 2 individuals present at all times
- Please pay your fees on time or your number will be deleted from the Key Pad Entry System.
- You must pay during our open hours: M-Thur.: 5:30pm-8:30pm and Sat.: 8:00am-12:00pm or call to make arrangements at 414-3181.
- May also leave money in drop box or mail to Main Street Fitness, 66 Main Street Le Roy, NY 14482

I have read the above rules and agree to abide by the rules set forth by Main Street Fitness. I do understand that if I violate any of the above it will be at the discretion of Main Street Fitness to terminate my membership.

PRINT NAME: _____

SIGNATURE: _____

DATE: _____