

## **Rules of Conduct**

- 1.** No party shall be allowed on the premises while intoxicated or under the influence of alcohol, or while under the influence of illegal narcotics. No party shall bring drugs or alcohol onto the premises
- 2.** Parties must dress appropriately. Proper shoes with adequate tread, lateral support, and comfort shall be required at all times. Shirts and shoes or pants must be worn at all times, and must be nonrestrictive and breathable. Parties must abide by common standards of hygiene while on the premises, and any party with offensive hygiene or clothing will be asked to change, remedy the problem, or, in your trainer's discretion, leave the premises.
- 3.** You should consult with your physician prior to beginning any exercise regimen. Any change in your physical condition should be reported to your trainer prior to each training session. You may not be on the premises if you have a medical condition that may have an adverse impact on yourself, your trainer, or any other third party.
- 4.** No pets or other animals shall be allowed on the premises without prior consent of the owner or operator of the premises.
- 5.** Proper etiquette will be enforced. Profane language, spitting, or other obscene or objectionable behavior will not be tolerated on the premises. Anyone violating this rule will be asked to leave the premises immediately.
- 6.** Oftentimes during training, it may become necessary for the trainer to come in physical contact with you, such as when "spotting" becomes necessary to ensure your safety in performing certain exercises.
- 7.** Your trainer is not a licensed dietician, and shall not be asked nor expected to give accurate or legally exacting dietary or nutritional advice.
- 8.** All information transmitted in connection with your workout shall be confidential, and shall not be disclosed without your prior consent, except when such disclosure becomes required by law.
- 9.** Any sexual advances towards staff, trainers, or other clients is strictly prohibited and shall result in termination of your training services without refund.
- 10.** No third parties shall be allowed on the premises without the prior consent of your Trainer or of the owner or operator of the premises.
- 11.** All personal items shall be stored and locked in the locker room while on the premises. You shall assume risk of loss or theft of such personal items while on the premises, and neither your trainer nor the owner and operator of the premises shall be held liable for any such loss or theft.
- 12.** The use of anabolic steroids or other performance-enhancing substance is prohibited while on the premises.

Clients Initials \_\_\_\_\_