



THE CLUB

AT THE CLAREMONT

## F.I.T. YARD RULES

1. All fitness areas including F.I.T. Yard, Fitness Center, all studios and group exercise classes are for those 16 years and older.
2. Safe Lifter graduates must carry their ID cards at all times.
3. Athletic shoes and proper fitness attire are required. No open toe shoes, bare feet or swimwear allowed.
4. Please use caution when using any piece of equipment. Ask for assistance if needed.
5. As a courtesy to others, no phone conversations permitted. Please silence cell phones.
6. Please return all equipment to its designated space.
7. Kindly clean the equipment after your workout.
8. No food allowed. Only clear beverages permitted in closed containers.
9. Private training takes priority over individual workouts. Please be ready to vacate a piece of equipment when asked by a Somatics Trainer.
10. As a courtesy to others waiting, please vacate equipment after 30 minutes of use.

THANK YOU FOR YOUR COOPERATION.