



7150 Halcyon Park Drive, Montgomery, AL 36117 | 334.440.3330

POLICIES AND PROCEDURES

Assumption of Risk

Members are responsible for determining whether they have the proper fitness level to participate in activities at the Jackson Wellness Center. Participants are strongly encouraged to consult with their health care provider(s) before starting any exercise program.

Participation at the Jackson Wellness Center is voluntary. Participants assume all risk of any harm or injury sustained. All Members and Guests are required to sign the Waiver, Release and Assumption of Risk before they are allowed to use the facility.

Members and Guests are to be mindful of their actions and are not allowed to engage in activities that may harm other members or damage equipment.

1. **Membership Check-In:** All members will check in at the Member Concierge desk by using the Membership Key Fob as identification.
2. **Exercise Clothing:** All members and guests are required to wear the proper exercise clothing. Jackson Wellness Center has the right to deny entry to anyone wearing clothing that is inappropriate in the opinion of the staff. The following clothing is considered inappropriate: cut-off shirts and shorts, torn clothing, street wear, and street shoes. Members must wear closed toe athletic shoes unless specified by Jackson Wellness Center for certain exercises or classes. Shoes and shirts are required at all times. Sports bras must be covered.
3. **Incidental Programs and Services:** The Jackson Wellness Center may provide, in its sole discretion, programs (such as dance exercise), facilities, services or equipment incidental or related to physical fitness. The Jackson Wellness Center shall not be required to continue any particular programs, facilities, services, or equipment as a part of its contractual obligations here under, and may discontinue, change, or modify the same in its sole absolute discretion, without recourse by any member.
4. **Course Instruction:** All courses will be outlined and described during a member's initial visit to the Jackson Wellness Center. Any variation from prescribed programs will be taken at the member's own risk.
5. **Time Use of Equipment:** Member agrees to follow designated time use of all machines exactly as prescribed. Maximum time use will be allowed on certain specified machines.
6. **Equipment Malfunctions:** Member understands that equipment may, from time to time, be out of order. When special factory parts must be ordered, some units may be out of order for several weeks. When this occurs, the member agrees to follow a regulated substitute program.

7. **Safety First Regulations:** Member will not start a machine or other device until in position and will follow treatment exactly prescribed by the instructor/trainer.
8. **Use of Personal Trainer:** Members and guests wanting to purchase personal training may use only certified personal trainers provided by the Jackson Wellness Center.
9. **Special Services:** Payment for the Jackson Wellness Services, such as personal training, will go directly thru Member Concierge.
10. **No Children Allowed:** Children under the age of 18 will not be allowed to workout or be allowed to wait for their parents inside the Jackson Wellness Center. Children 18 and above will be permitted to workout with a current membership.
11. **Compliance with Rules and Conduct of Member:** Member agrees to be subject to the control and guidance of the Jackson Wellness Center staff while on the premises and will follow instructions of the Jackson Wellness Center personnel. Member agrees to conduct him/herself in a well-mannered fashion while on the premises and reserves all criticism about other members, guests, or staff until in a private office with a manager. Member agrees to obey all rules and conditions of membership contained by the Jackson Wellness Center. The Jackson Wellness Center has the right to revoke or terminate any membership if a member fails to comply any of such rules and conditions.
12. **Alcohol and Drugs Prohibited:** No alcoholic beverages or non-prescribed drugs, including anabolic steroids are allowed on the premises. Management may deny entry to any person who appears (in management's sole judgement) to be under the influence of alcohol or any illegal substance,
13. **Day-Use Lockers:** All lockers are available for daily use only, free of charge. Locks are not provided, and lockers must be emptied after the member leaves the premises. Locks will be subject to removal if the member does not comply with the rules. The Jackson Wellness Center is not obligated to replace any locks that may be removed.
14. **Towels:** The Jackson Wellness Center will have large towels available for check out at Member Concierge. Members are responsible for checking the towel(s) back in to avoid towel fees.
15. **Personal Property:** The Jackson Wellness Center staff cannot guarantee the security of valuables, electronic devices, or any personal articles left unattended. Report any incidents, theft, or loss to the Jackson Wellness Center staff,
16. **Amendment of Rules:** The Jackson Wellness Center reserves the right to amend or add to these rules and conditions, and to adopt new rules and conditions as it may deem necessary for the proper management of the Jackson Wellness Center.
17. **Use of the Facility:**
 - Smoking/vaping is prohibited inside or outside the building.
 - Members are not permitted behind the front desk, or in unattended offices.
 - No profanity, or obscene language will be tolerated.
 - Members must wipe/disinfect any equipment used.
 - Use Headphones while listening to personal music.
18. All services are non-refundable.

Signature _____

Date _____