



DENVER HEALTH & FITNESS UNMANNED / 24 HOUR RULES AND REGULATIONS

- BY ENTERING DENVER HEALTH & FITNESS YOU AGREE TO ALL RULES, REGULATIONS, TERMS AND CONDITIONS RELATED TO THE USE OF THIS FACILITY.
- ALL MEMBERS AND NON MEMBERS: YOU ASSUME FULL RESPONSIBILITY AND OR ALL RISK FOR THE USE OF THE FITNESS CENTER INCLUDING AND NOT LIMITED TO THE EQUIPMENT AND OR FITNESS CLASSES.
- DURING UNMANNED HOURS, ONLY PAID MEMBERS OF THE FITNESS CENTER ARE ALLOWED ACCESS TO THE FACILITY.
- DURING UNMANNED HOURS NO ONE UNDER THE AGE OF 18 IS ALLOWED IN THE FACILITY WITHOUT PARENTAL / LEGAL GUARDIAN SUPERVISION. PARENT WILL ASSUME ALL RISK.
- NO ONE IS ALLOWED TO BRING GUESTS OR ANY NON MEMBER INTO THE FACILITY DURING UNMANNED HOURS. YOU WILL BE HELD LIABLE FOR ANY / ALL LEGAL AND / OR FINANCIAL CONSEQUENCES.
- DENVER HEALTH & FITNESS DOES NOT PERMIT ANY MEMBERS TO BRING ANYONE INTO THE CLUB TO WAIT FOR THEM WHILE THE MEMBER IS WORKING OUT.
- DO NOT OPEN THE DOOR FOR ANYONE WHO KNOCKS ON THE DOOR.
- IF YOUR ACCESS CARD IS LOST, STOLEN OR DAMAGED, THERE WILL BE A \$5.00 REPLACEMENT CARD FEE.
- EACH AND EVERY PAID MEMBER HAS HIS OWN ACCESS CARD. YOUR ACCESS CARD IS FOR YOU ALONE. IF YOU GIVE YOUR ACCESS CARD TO ANOTHER, OR IF YOU LET ANOTHER PERSON INTO THE FACILITY WITH YOUR CARD (EVEN IF YOU *THINK* THEY'RE A PAID MEMBER), YOU WILL BE FINED \$50 ON THE FIRST OFFENSE, THE SECOND OFFENCE YOU WILL BE EXPELLED FROM THE CLUB. IF ONLY ONE CARD IS SCANNED AND 2 OR MORE PEOPLE ENTER THE PREMISES, THE EVENT WILL BE RECORDED AND MANGEMENT WILL BE NOTIFIED.
- DURING UNMANNED HOURS: TO GAIN ACCESS TO THE FACILITY, ALL MEMBERS MUST HAVE AN UP-TO-DATE, CURRRNET ACCESS CARD. ACCESS CARD MUST BE SWIPED AT ENTRANCE TO ENTER FACILITY.
- KEEP LOCKER ROOMS CLEAN AND PICKED UP AFTER USING PLEASE MAKE SURE TOILETS, FAUCETS AND SHOWERS ARE NOT RUNNING OR DRIPPING AFTER USE.
- DENVER HEALTH & FITNESS IS NOT RESPONSIBLE FOR PERSONAL ITEMS LEFT IN OR AROUND FACILITY.
- DO NOT REMOVE ANY EQUIPMENT, MAGAZINES, PLANTS, FIXTURES, TAPES, SUPPLIES, COMPUTERS OR ANYTHING ELSE FROM DENVER HEALTH & FITNESS THAT DOES NOT BELONG TO YOU.
- UNLAWFUL DESTRUCTION OF PROPERTY IN OR AROUND DENVER HEALTH & FITNESS WILL BE PURSUED TO THE LIMITS THE LAW ALLOWS.
- USE GOOD SAFETY PRACTICES WHILE WORKING OUT. WE RECOMMEND FINDING A WORKOUT PARTNER. ALWAYS USE A SPOTTER WHEN LIFTING HEAVY FREE WEIGHTS (IF NO ONE IS THERE, DO YOUR HEAVY LIFTING ANOTHER DAY). USE PROPER FORM WHILE LIFTING.
- ALL MEMBERS MUST RACK THEIR WEIGHTS TO THEIR PROPER PLACE AFTER USE. *ABSOLUTELY NO DROPPING OR SLAMMING WEIGHTS DOWN!*
- BE SURE TO ADJUST MACHINES TO FIT YOUR BODY BEFORE USING THEM. IF YOU ARE UNFAMILIAR WITH A PIECE OF EQUIPMENT, WAIT UNTIL YOU CAN ASK MANAGEMENT FOR ASSITANCE.
- IF EQUIPMENT OR LOCKER ROOM FIXTURES BREAK OR MALFUNCTION PLEASE STOP USING IMMEDIATELY. NOTIFY MANAGEMENT AND WE WILL ATTEND TO IT AS QUICKLY AS POSSIBLE. DO NOT USE ANY EQUIPMENT THAT IS NOT WORKING PROPERLY.
- ABSOLUTELY NO FOOD, ALCOHOLIC BEVERAGES OR SMOKING ALLOWED IN DENVER HEALTH AND FITNESS. BEING UNDER THE INFLUNCE OF ALCOHOL OR DRUGS IS ILLEGAL AND NOT PERMITTED IN OR AROUND DENVER HEALTH AND FITNESS.
- DENVER HEALTH AND FITNESS IS MONOTORED 24 HOURS A DAY 7 DAYS A WEEK FOR THE SAFETY AND PROTECTION OF THE FACILITY.
- PLEASE BE AWARE OF YOUR SURROUNDINGS AND TAKE CAUTION WHEN WORKING OUT DURING UNMANNED HOURS. LOCK CARS AND CALL 911 IN THE CASE OF AN EMERGENCY

FACILITY IS REMOTELY MONITORED 24 HOURS A DAY



DENVER HEALTH & FITNESS GENERAL GYM RULES

General Policies and Procedures

- BY ENTERING DENVER HEALTH & FITNESS YOU AGREE TO ALL RULES, REGULATIONS, TERMS AND CONDITIONS RELATED TO THE USE OF THIS FACILITY.
- EACH AND EVERY MEMBER MUST SCAN HIS OR HER OWN CARD TO GAIN ACCESS.
- IF YOUR ACCESS CARD IS LOST, STOLEN OR DAMAGED, THERE WILL BE A \$5.00 REPLACEMENT CARD FEE.
- Any member who is loud, offensive, and bothersome to other members or behaves otherwise in an unbecoming manner may be suspended or expelled from the club. In the event of termination, the unused portion of any advanced payment shall be forfeited to the club.
- There will be NO SMOKING permitted on the club premises.
- All members and guests must check-in with front counter personal upon entering the club.
- DENVER HEALTH & FITNESS is NOT responsible for Lost and Found items.
- Except for water, no food or drinks are allowed in the workout areas.
- In the event of inclement weather please check the website for information on opening.

Health Club

- Members must wear shirts at all times in the club.
- Foot covering (i.e., tennis or aerobic shoes) must be worn at all times in all exercise areas. Socks, sandals, and work boots are not allowed on the gym floor.
- Profanity is not allowed in the gym.
- Ask a staff member if you do not know how to operate a piece of equipment
- Return weights to proper racks when finished.
- Have a "spotter" when using heavy weights.
- Members who sweat profusely are asked to use towels when using equipment.
- Keep locker rooms clean and picked up after using.
- Please help conserve water by making sure toilets, faucets and showers are not running or dripping after use.

Guests / Visitors

- Members are invited to bring guests 16 years of age and older for up to three visits during staffed hours only.
- All guests must sign liability waiver upon entry and at time of visit.
- After three visits guest fee per visit is \$7.50 with a member present.
- Daily walk-in fees without a member are \$10.00 per visit.
- NO GUESTS OR WALK-INS ARE ALLOWED TO ENTER FACILITY DURING UNMANNED HOURS.

Children

- Children under the age of 10 years old are not allowed in the gym area except in the "kid zone", when open. The club accepts no responsibility for children in the club. Only children whom are a member age 11 to 15 years old are allowed in the gym with their parents whom are also members of DENVER HEALTH & FITNESS. These children must remain with the parent the entire time while in the club.
- The "Kid Zone" is for member's children only and has posted hours of operation for use! All children entering and exiting the kid zone must sign in and out.