These Rules & Regulations ("Rules") intend to provide the maximum use and enjoyment of the facilities and equipment of In-Shape Health Clubs, LLC ("ISHC") by its members and their guests. We believe these Rules constitute the best current solutions to the many complex issues and concerns associated with a club operation as large and active as ours.

The obligation to enforce these Rules lies primarily in the hands of the ISHC Club Management whose principal responsibility is to assure members of all the courtesies, comforts and services that we provide. It is also the duty of the members to know the Rules and to cooperate with ISHC management in their enforcement.

ISHC shall have the unqualified right to make such Rules, as it deems necessary or appropriate. The Rules may be revised, amended, supplemented, modified or repealed by ISHC management at any time, and without prior notice. Any revised, amended, supplemented, or modified Rules shall become effective and enforceable immediately upon the posting, to same on ISHC’s website at http://www.inshape.com/club-rules-and-regulations and at the Clubs.

ISHC reserves the right at any time to suspend the privileges or cancel the membership of any individual for failure to comply with any Rules or policies of ISHC, or for any conduct ISHC deems to be improper or harmful to the best interests of ISHC, its staff and its members.

MEMBERSHIP

MEMBERSHIP CONTRACT
Each member must have a membership contract with ISHC or be listed as an additional member on a contract.

RELEASE OF LIABILITY AND ASSUMPTION OF RISK
All adult persons 18 years of age and older seeking access to ISHC’s facilities as a member or guest are required to sign a Release of Liability waiver to use the club.

CATEGORY OF MEMBERSHIP—Changes Effective 4.1.2016
- Single. A single membership is defined as Holder of 18 years of age or older.
- Single with Add On allows additions of up to (4) additional adults and up to (8) children. Child add-ons include main member children or wards under 13 years of age who reside as permanent members of the Holder’s household. The holder member is financially responsible for all members (add-ons) on the account. Primary will be required to pay an additional fee for each “Add On”.

CLUB ACCESS
Many levels of club access exist to allow members to choose the price and access level right for them. You are entitled to access and use the clubs available at the specified club level indicated on your membership contract when you joined. Future clubs developed by ISHC may not be included in your current level of access. Please visit us at http://www.inshape.com/health-clubs-club-access-network to view club level access by network.

PAYMENTS
All cash or check payments made within the club should take place at the front desk, and get a receipt.

ANNUAL CLUB MAINTENANCE FEE
The Annual Club Maintenance Fee is aggregated and used by ISHC in its sole discretion for maintenance and capital improvements at all or any of its clubs. The Annual Club Maintenance Fee is not due or prepaid for any services. It is full earned when charged/billed and is not refundable. This fee excludes paid in full memberships.

HOLD STATUS CHARGE
Certain membership types may qualify for a membership hold. Refer to your contract for details. For qualified memberships, after 30 days of active membership, a Member may request to have the membership placed on hold for a period not to exceed six (6) months, which ISHC may consent to in its sole discretion. If Member’s hold is approved, Member will be charged a monthly hold fee in accordance with ISHC’s current policy. No other membership fees and charges will be billed or collected during the hold period, except the Annual Maintenance Fee if it becomes due during the hold period. Member may not use any club facility on a hold.

CANCELLATION
Your membership contract outlines your cancellation rights. Please refer to it for specific details. In most cases, Month-to-Month Memberships can be cancelled at any time upon 30 days’ notice to ISHC given in one of the 3 says described in the membership contract.

Except as specifically provided in the membership contract, Paid-in-Full or Prepaid Memberships may not be cancelled by the member prior to the end of the term, but thereafter are automatically cancelled.

EMAIL
Member must provide an email address to receive club updates and other information, and is responsible for the content of member statements, correspondence, etc.

PHYSICAL ACTIVITY READINESS QUESTIONNAIRE (PAR-Q)
ISHC strongly recommends that all members and guests have a complete physical examination prior to using its facilities. ISHC provides a PAR-Q form to assist you and your physician assessing your physical readiness to commence an exercise program. This form can be found at http://inshape.com/paq-q.

GUESTS
Members in good standing shall be entitled to invite guests to the Club in accordance with the provisions of this section. ISHC may restrict the number of guests a member brings, how many times a guest may use the facilities in a given period of time, as well as the times during which a member may bring them to the Club. Members who bring guests must accompany their guests at all times, and are expected to familiarize their guests with the Rules and Club policies. Members shall be responsible for the conduct of their guests. If the manner or appearance of any guest is deemed by ISHC management to be unsatisfactory, the sponsoring member shall, at the request of ISHC management, require such guest(s) to leave the Club immediately.

The Club may at any time, and from time to time, suspend or terminate the guest privileges of any member. Guest are subject to the applicable guest fee. Discounts are available for HHRAA Passport members.

Any person who has previously had his/her membership terminated for conduct by the Club or is otherwise prohibited from Club usage may not be a guest at the Club.

Guests Must:
- Register at the front desk upon arrival at the Club.
- Show proof of identification.
- Pay the prevailing guest fee or present a pass. If on a Guest Pass, the guest’s children will have free access to childcare.
- Complete a Guest Waiver of Liability.
- Speak with a Membership Counselor to have a guest pass authorized or pay the guest fee.

CHILDREN (6 months to 12 years old)
Children under 13 years of age are not permitted to use the saunas, childcare facility and is exempt from licensing requirements.

1. Parents are not permitted to bring toys or games from home.
2. Parents must supervise and control the child at all times.
3. Children must be on a personal pass. If on a Guest Pass, the guest’s children will not use the saunas if accompanied and supervised by a parent or legal guardian at all times. Children under 13 years of age are not permitted in the Group Exercise studios unless they are participating in a club-sponsored activity specifically for children.

In-Shape Health Clubs, LLC

If any part of these Rules & Regulations is inconsistent with the terms and conditions of the Membership Contract and/or applicable law, the terms and conditions of the Membership Contract and/or applicable law shall prevail. To the extent that any term or provision hereof is found to be invalid or unenforceable, the remainder of these Rules & Regulations shall remain valid and in full force and effect.
If any part of these Rules & Regulations is inconsistent with the terms and conditions of the Membership Contract and/or applicable law, the terms and conditions of the Membership Contract and/or applicable law shall prevail. To the extent that any term or provision hereof is found to be invalid or unenforceable, the remainder of these Rules & Regulations shall remain valid and in full force and effect.
**SWIMMING POOLS (where applicable)**

Scheduled organized pool activities (e.g., aqua aerobics classes) have priority over open use.

No food or drink, except bottled water and energy drinks. No glass containers.

Circle swimming is mandatory when all lap lanes are split and a third swimmer enters the lane while the other swimmer stays on the right side of the lane, allowing both swimmers to swim up-and-back.

Swimmers must share their lane when asked.

Circular swimming is mandatory when all lap lanes are split and a third swimmer enters the lane while the other swimmer stays on the right side of the lane, allowing both swimmers to swim up-and-back.

Swimmers must share their lane when asked.

When there are two swimmers in a lane, it is proper procedure to split the lane. Splitting the lane requires that one swimmer stay on the left side of the lane while the other swimmer stays on the right side of the lane, allowing both swimmers to swim up-and-back.

Always notify the current swimmer in the lane before entering, and split the lane with him/her.

Circle swimming is mandatory when all lap lanes are split and a third swimmer enters the lane while the other swimmer stays on the right side of the lane, allowing both swimmers to swim up-and-back.

Swimmers must stay to the right of the lane to allow a faster swimmer to pass by using the center of the lane.

Free weight room

Proper workout attire required (no jeans, open toe shoes, string tank tops or thongs). Wipe down equipment after use.

Report any maintenance issues to the front desk.

No food or drink, except bottled water and energy drinks. No glass containers.

Keep gym bags out of walkways.

Return all weights to racks after use.

Never lean Olympic weights against walls.

Do not drop weights.

Use collars at all times.

Make sure all seats are secured and all pins in place.

Members must be at least 13 years of age.

Members 13-17 must go through an orientation with a trainer.

**FRONT DESK**

The Front Desk is designed to accommodate the needs of all members. Services provided include member check-in, guest check-in, towel service, personal training reservations and check-in, tanning reservations and check-in, purchase of retail items and food/beverages, changes to membership, first aid and replacement membership key tags. Make all payments payable to In-Shape Health Clubs at the front desk, and get a receipt.

**OUTSIDE ACTIVITIES PARK (where applicable)**

Playground equipment is for children and juniors only. The following activities are just some of the prohibited activities while children are using the equipment: pushing or roughhousing; jumping off portions of the playground equipment. BBQ and picnic areas are available on a first come, first serve basis, with the exception of group parties, advanced reservations are required.

**GROUP FITNESS**

Stop exercising if you experience dizziness, pain or unusual discomfort. Accelerated weight loss clothing is not permitted.

Children under 13 years of age are not permitted unless they are participating in a club-sponsored activity specifically for children.

Proper workout attire required (no jeans, open toe shoes, string tank tops or thongs). Wipe down equipment after use.

Please refrain from wearing strong perfume/cologne.

Please turn off cell phones.

Please return equipment to storage racks.

Please refrain from entering the studio before the current class has finished.

Please be on time.

Entering a class in progress is not recommended.

Please be considerate of other members’ exercise space. Do not crowd a member who arrived before you.

**TANNING**

Children under the age of 18 are prohibited from using tanning beds. For all other members, limit tanning time to 20 minutes a day/30 minutes for those with fair skin; 10 minutes for beds with new bulbs). Members must sign in prior to using the tanning beds. All members must complete a Tanning Waiver prior to the start of tanning sessions. As a matter of courtesy, clean the bed after each tanning session. Members with multiple access may only tan at their designated home club.

**THERAPY POOL (where applicable)**

Members cannot participate in aqua aerobics while in a therapy pool. Swimsuits are required; no cotton clothing (e.g., t-shirts).

Must be at least 18 years of age.

**LOCKER ROOMS**

The Club reserves for lost, damaged or stolen articles.

No camera cell phones may be used while in the locker room.

Secure lockers with a padlock. Contents left overnight may be removed. Do not store valuables in lockers. Lockers are solely for temporary clothing storage.

Children under 13 years of age are permitted only when accompanied by a parent or legal guardian. Children over four years of age may not use the locker room of the opposite sex.

**LOST & FOUND**

The Club maintains a Lost & Found area. The Club does not assume responsibility for items turned in to the Lost & Found. Members must identify and claim articles in person.

**RELAX & REVIVE VIP**

This amenity is a bundle which includes: Tanning Massage (Chair, and Hydro Massage – where available) Daily Towel Service Discount Bath 3 Day-Use Guest Passes (Monthly) 1 All-Access In-Shape Pass (Monthly)

Some restrictions apply.

**WHIRLPOOL SPA (where applicable)**

No newspapers or magazines.

No food or drink, except bottled water and energy drinks. No glass containers.

Due to high temperatures (approximately 104 degrees F.) whirlpool spas can be dangerous to people’s health. Members must limit themselves to 10 minutes before using another area without at least ten minutes in a cooler environment in between.

Consult a physician before using. Those with medical conditions such as high blood pressure, heart disease, diabetes, low blood sugar and respiratory problems, and those who are pregnant, should avoid exposure to high heat.

Water exercise should be done in water that does not exceed 84 degrees. Therefore, members cannot participate in aqua aerobics while in a whirlpool spa.

Swimsuits are required; no cotton clothing (e.g., t-shirts).

Must be at least 18 years of age.

Property workout attire required (no jeans, open toe shoes, string tank tops or thongs). Non-marking athletic shoes are required.

Proper workout attire required (no jeans, open toe shoes, string tank tops or thongs). Non-marking athletic shoes are required.

Proper workout attire required (no jeans, open toe shoes, string tank tops or thongs). Non-marking athletic shoes are required.

Proper workout attire required (no jeans, open toe shoes, string tank tops or thongs). Non-marking athletic shoes are required.

Proper workout attire required (no jeans, open toe shoes, string tank tops or thongs). Non-marking athletic shoes are required.

Proper workout attire required (no jeans, open toe shoes, string tank tops or thongs). Non-marking athletic shoes are required.

Proper workout attire required (no jeans, open toe shoes, string tank tops or thongs). Non-marking athletic shoes are required.

Proper workout attire required (no jeans, open toe shoes, string tank tops or thongs). Non-marking athletic shoes are required.

Proper workout attire required (no jeans, open toe shoes, string tank tops or thongs). Non-marking athletic shoes are required.

Proper workout attire required (no jeans, open toe shoes, string tank tops or thongs). Non-marking athletic shoes are required.

Proper workout attire required (no jeans, open toe shoes, string tank tops or thongs). Non-marking athletic shoes are required.

Proper workout attire required (no jeans, open toe shoes, string tank tops or thongs). Non-marking athletic shoes are required.

Proper workout attire required (no jeans, open toe shoes, string tank tops or thongs). Non-marking athletic shoes are required.

Proper workout attire required (no jeans, open toe shoes, string tank tops or thongs). Non-marking athletic shoes are required.

Proper workout attire required (no jeans, open toe shoes, string tank tops or thongs). Non-marking athletic shoes are required.

Proper workout attire required (no jeans, open toe shoes, string tank tops or thongs). Non-marking athletic shoes are required.

Proper workout attire required (no jeans, open toe shoes, string tank tops or thongs). Non-marking athletic shoes are required.

Proper workout attire required (no jeans, open toe shoes, string tank tops or thongs). Non-marking athletic shoes are required.

Proper workout attire required (no jeans, open toe shoes, string tank tops or thongs). Non-marking athletic shoes are required.

Proper workout attire required (no jeans, open toe shoes, string tank tops or thongs). Non-marking athletic shoes are required.

Proper workout attire required (no jeans, open toe shoes, string tank tops or thongs). Non-marking athletic shoes are required.

Proper workout attire required (no jeans, open toe shoes, string tank tops or thongs). Non-marking athletic shoes are required.

Proper workout attire required (no jeans, open toe shoes, string tank tops or thongs). Non-marking athletic shoes are required.

Proper workout attire required (no jeans, open toe shoes, string tank tops or thongs). Non-marking athletic shoes are required.

Proper workout attire required (no jeans, open toe shoes, string tank tops or thongs). Non-marking athletic shoes are required.

Proper workout attire required (no jeans, open toe shoes, string tank tops or thongs). Non-marking athletic shoes are required.

Proper workout attire required (no jeans, open toe shoes, string tank tops or thongs). Non-marking athletic shoes are required.

Proper workout attire required (no jeans, open toe shoes, string tank tops or thongs). Non-marking athletic shoes are required.

Proper workout attire required (no jeans, open toe shoes, string tank tops or thongs). Non-marking athletic shoes are required.