

RULES & REGULATIONS MIND BODY HEALTH CLUB MARBLE HOTEL



I. GENERAL MBH CLUB RULES

A. BASIC PROVISIONS

1.) Fitness Members, and their Guests are expected to abide by these Rules as well as the Membership Rules. Any violation of the Rules may subject the Fitness Member to suspension or forfeiture of their Membership.

2.) Any MBHC Member who conducts themselves in an unbecoming manner, or who knowingly violates any of the Membership Rules may be denied service and or access to the MBH Club or may have their Membership suspended or forfeited. Marble Health Club through its elected officers reserves the right to review and change these rules from time to time.

3.) Good order, proper attire, decorum and consideration of the rights and comforts of others must be observed at all times.

4.) The Health Club will not be responsible for loss or damage to any personal property of the Fitness Member, or their Guests.

5) ALL MEMBERS MUST CARRY AND PRESENT THEIR HBM CLUB CARD FOR IDENTIFICATION TO USE ANY AND ALL MBH CLUB AMENITIES. USE OF FACILITIES MAY BE DENIED WITHOUT PROPER ID.

B. PAYMENT FOR MEMBERSHIP

The MBH Club will accept Check or Cash, as payment for dues. All dues or fees associated with membership shall be paid in advance of use of facility.

C. CLUB EQUIPMENT

MBH Club Members shall pay for any loss or damage to property for which they or their Guests are responsible. No property shall be lent to any Member or Guest or any other person for any reason without the expressed permission of the Manager of the MBH Club or person assigned by them. No property or furniture shall be moved from or to the HBM Club without the approval of the MBH Club Manager or person assigned by them.

D. OFF-LIMIT AREAS

MBHC Members should be mindful not to enter into employee areas of building, i.e., service areas, staff only areas, adjacent office areas, maintenance areas, etc. The MBHC Member areas are easily distinguishable and a MBHC Member should not go elsewhere unless authorized.

E. FOOD AND BEVERAGES

MBHC Members and Guests shall not bring any food into the fitness club at any time. Beverages consumed during workout must be in a container with a lid. That Member must clean any spills immediately.

F. ALCOHOLIC BEVERAGES

No alcoholic beverages shall be permitted in the Marble Hotel building or grounds at any time.

G. TRAFFIC AND PARKING

MBHC Members and their Guests will strictly observe any traffic regulations established by Base Security. Parking in reserved, restricted or unmarked areas will result in the removal of the offending cars at the expense of the driver.

H. TELEPHONES

House phones are available for emergency and short local calls only.

I. MEMBERS' PROPERTY

The MBHC is not an insurer of the property of MBHC Members or their Guests. Any private property, which may have been left in the MBHC or elsewhere in the building, may be disposed of without notice. The Health Club will not be responsible for the damage or loss of any property.

J. DRESS

MBHC Members should wear proper attire. When using the exercise equipment, Members and Guests must wear appropriate attire inclusive of shirt or top, shorts and or pants, and appropriate shoes.

K. SMOKING

Smoking is **not** permitted in the entire building.

L. LOCKER AND SHOWER ROOMS

While using the Fitness Club, all Members and Guests may use a locker, based on availability. All property must be removed from lockers immediately following workouts. Lockers shall not be used to store any property. Changing into exercise attire must be done in the locker/shower room. Any property of the Fitness Club shall not be removed for the Fitness area for any reason. Lockers are not for private use and MBHC reserves the rights to inspect all lockers, as well as to remove any lock left on locker. Any property left in a locker will be disposed of without notice.

II. MBH Club DISCIPLINE

A. Each Fitness Club member must maintain a current membership.

B. The "Buddy System" is required while working out in the designated workout areas. It is your responsibility to make your partner(s) aware if you have any significant health problems that may affect as a result of exercise activity. Communicate with your partner(s) if you become disoriented, strained, stressed, short of breath, or dizzy.

C. Neither street shoes nor black-soled shoes of any kind are permitted on the hardwood gym floor, with the exception of black-soled running shoes when used only for jogging laps or passing through the area.

D. Shorts or warm-ups and a shirt must be worn when leaving and re-entering the Fitness Club and in any part of the Interior building.

E. Members and guests are fully responsible for personal items that are lost, stolen, or damaged at the MBHC .

F. Members and guests may not display actions that the Fitness Club staff deems unsportsmanlike or rude, or misuse, move or alter any portion of the Fitness Club environment or property. Equipment must be handled with care; any abuse will result in loss of Membership and HBM Club Privileges.

G. Equipment should be returned to their proper place after use. Doors shall not be propped open.

H. No Abusive or Provocative Language. Respect other members.