

MEMBERSHIP RULES AND REGULATIONS

CHECK IN

Members must check in each time that they use the club. To check in, please present current membership card at the front desk upon arrival. Club usage may be denied if member does not present card.

The club may either close or operate at reduced hours on holidays. Business hours, policies, and regulations are subject to change without notice.

MEMBERSHIP FEES AND CANCELLATION

Membership use and services must be paid in advance. All fees and schedules are subject to change without notice. Prepaid memberships are non-refundable and non-transferable.

The obligation to pay dues is not dependent on the availability of all the club's facilities. Special engagements, repairs, and maintenance of some facilities may make it necessary for the club to restrict use of, or close, one or more of the facilities. Dues will not be reduced or suspended during the time when one or more of the facilities are not available.

Monthly Renewing Members may cancel memberships by notifying Ballard Health Club personnel of the wish to cancel over the phone or in person, any time during business hours **prior to the first day of the month to be cancelled**. There are no refunds for membership fees, and Ballard Health Club will not prorate a cancelled membership. **Anyone who cancels must obtain a confirmation number**. This confirmation number is used for reference and proof of cancellation. The Ballard Health Club will not accept cancellation claims without a confirmation number.

THREE-DAY RIGHT OF RESCISSION

New members have three days after signing the membership agreement to cancel their membership without penalty. If the new membership agreement is cancelled within three days, Ballard Health Club will return to the member within thirty days all amounts paid. To cancel, new members must call or come into Ballard Health Club and inform the front desk personnel of their wish to cancel.

FREEZE POLICY

Members may put their membership on freeze, in one calendar month increments, for up to three calendar months per calendar year. Notice of freeze must be given to Ballard Health Club personnel over the telephone or in person any time during business hours **prior to the first day of the month to be frozen**. Monthly Renewing Members will not be billed for frozen months. Monthly billing will resume automatically upon end of freeze. Yearly Members will have current year extended by number of frozen months. Members may use the club by paying drop-in fees for each workout while their account is frozen. **Anyone who freezes his or her membership must obtain a confirmation number**. This confirmation number is used for reference and proof of freeze. The Ballard Health Club will not accept freeze claims without a confirmation number. The Month Pass cannot be frozen.

ATTIRE

Proper attire is required for participants using the club. Shirts, shoes, and clean, un-torn clothing are mandatory. No bathing suits or briefs without tights or leg coverings are allowed. Proper footwear must be worn as follows:

- Aerobics - court-type or aerobics shoes only, unless otherwise specified by the instructor.
- Weight training and general exercise - no open toed shoes, thongs, sandals, street shoes, bare feet, or slipper-type shoes allowed.

EQUIPMENT

All equipment must be used as designed. If you are not familiar with use of equipment, please arrange instruction with a staff member. Instruction is available to members as part of your membership. Members must be familiar with and observe club rules and regulations posted in the club area. Members who do not observe club rules and regulations or who abuse equipment in any fashion will be asked to leave. The management reserves the right to terminate membership to anyone who refuses to observe any of the club's rules or regulations.

CONDUCT

Ballard Health Club is committed to the health, safety, and welfare of each of its members and staff. Ballard Health Club does not tolerate unreasonable, threatening, obscene, harassing, indecent, or illegal behavior. Ballard Health Club has the right to judge behavior and respond accordingly. This right includes, but is not limited to, termination of membership of any member engaging in unacceptable behavior.

TRAINING

Ballard Health Club is staffed by Fitness Trainers. Access to these trainers is included with all memberships at no additional charge; however, contract training is not available. Outside trainers (or anyone acting as a trainer) may not do business of any kind in our facility, whether in the form of client solicitation or training facilitation.

LOCKER ROOMS

Lockers are available for day use only. Please bring your own lock. Locks and articles left overnight will be removed. The use of cellular phones is not allowed inside the locker room facilities.

CHILDREN

Members and guests must be 18 years of age or older. Please do not bring minors into the aerobics, exercise, locker, or weight training rooms. Children must be supervised at all times.

DAMAGES

Any member, member's guest, or dependent children willfully or neglectfully causing damage to the club's property shall pay for damages.

LOST ARTICLES

The club assumes no responsibility for lost or stolen articles. Lost and found articles not claimed will be donated to charity.

SMOKING, FOOD, AND DRINK

No smoking is allowed in any part of the facility. No food or drink is allowed beyond the lobby and vending machines. Water may be taken into workout areas if it is in a non-breakable, enclosed container.