

Northern Prairie Wellness Center Rules and Regulations

Welcome to Northern Prairie Wellness Center! We feature some of the most advanced exercise equipment in the area. To help ensure your safe use and enjoyment of our facility, we have established the following rules and regulations that we require everyone to follow. Please note that from time to time we may find it necessary to amend or add to these rules and regulations. Rules and regulations may also be orally communicated to you or contained on signs posted in the center. Please review and familiarize yourself with them.

Equal Opportunity Policy Statement

Northern Prairie Wellness Center (NPWC) seeks, enrolls, and maintains memberships without regard to race, religious creed, color, national origin, ancestry, physical disability, mental disability, medical condition, marital status, sex, or sexual orientation. All members shall have full and equal access to the facility. All members with disabilities shall be entitled to reasonable accommodations for their physical and mental impairments. Any member who believes that he/she is/has been treated unfairly on any of the aforementioned matters should first report to NPWC management.

Member's Responsibility as to Use of the Center

Members should consult with their physicians before using our services and facilities. Members must understand and acknowledge that NPWC has no expertise in diagnosing, examining, or treating any medical condition. Members should not use the facility with any medical condition, including open cuts, abrasions, sores, infections, maladies, or inability to maintain personal hygiene, if such a condition poses a direct threat to the health and safety to themselves or others and agree to only use the facility in accordance with all applicable public health requirements.

Waiver and Release

Every member must agree that if they engage in any physical exercise, class or activity, or use any equipment or facility on the premises, they do so at their own risk. Members must agree that they are voluntarily participating in activities and use of the facility and premise (including the street parking and surrounding area) and assume all risk of injury, illness, damage, or loss to you or your property that might result, including, without limitation, nay loss or theft of any personal property. Members agree to release and discharge NPWC (and our affiliates, employees, agents, representatives, successors, and assigns) from any and all claims or causes of action (known or unknown) arising out of our negligence.

Membership Key Fobs

NPWC issues a membership key fob to all members for identification purposes and facility access. The fob is considered NPWC property and must be returned immediately if membership is terminated or cancelled. There is a \$10 charge for replacement of lost fobs.

These membership fobs are only to be used by the individual to which it has been assigned. Allowing others (members or non-members) unauthorized use of a fob or otherwise permitting access will result in immediate cancellation of all membership privileges. Reinstatement of membership will only be allowed after unanimous board of directors approval and payment of a \$100 fine.

Guest Privileges

NPWC encourages members to bring friends, relatives, and business associates for a guest visit. A guest must check in at the front desk and pay a \$5 guest fee before using the facility. Guests must be accompanied by a member and must comply with the rules and regulations. NPWC may restrict the number of guests and times which you may bring guests.

Membership Age Restrictions

Family and other membership plans may be available for minors (under 18 years old). To join, all minors need the financial guaranty of a parent or guardian and the parent or guardian must sign the membership agreement.

Minors under 12 years of age may not use the facility at any time and must be accompanied by a parent or guardian at all times when in the facility. If your minor child reacts negatively or cannot behave, NPWC will ask you to make other arrangements. Child care is not available at NPWC and we may deny a child's admittance due to the child's illness, misbehavior, or any other reason that we believe is appropriate.

Minors ages 12-14 may use the facility only if the minor is a member and is accompanied by a parent or guardian.

Minors ages 15-17 may use the facility without being accompanied by a parent or guardian if the minor is a member.

Personal Conduct

Members and guests agree to conduct themselves in a quiet and well-mannered fashion when in or about the facility and not cause any disturbances or interfere with the safe use or enjoyment of the facility by other members and guests. NPWC does not permit and will not tolerate any inappropriate conduct. Such conduct includes, without limitation, using loud, abusive, offensive, insulting, demeaning language, profanity, lewd conduct, physical abuse of another individual, damage to the facility, or any conduct that harasses or is bothersome to other members and guests. Members or guests shall not conduct, purchase, or subscribe to any commercial business or activity on NPWC premises or solicit other members or guests for any reason without the facility's prior written consent. Under no circumstances shall members or guests interfere with NPWC's conduct of business. Failure to adhere to the printed rules of conduct will result in administrative action, including cancellation of privileges.

Use of the Facility

Any or all of the facility or services, including but not limited to classes or equipment, may have limited hours or may be discontinued altogether at any time and be offered on a "first come first served" basis. NPWC reserves the right to charge a separate participation or reservation fee for any or all of the facility or services.

No member should monopolize the equipment or weights. Please observe gym etiquette. If there is a conflict over use, let management resolve it. As a courtesy, please replace weights on the rack after use and wipe off any benches or equipment after use.

Members must use the equipment only in the manner intended by the manufacturer and authorized by the club. Please follow all instructions and posted signs carefully. We reserve the right to limit your use of any equipment or facility to ensure the equitable use of the equipment and facility by all members and guests. Members shall not move nor modify the equipment in any manner whatsoever. No free weights or loose equipment shall be used in connection with any mechanical equipment or in any manner for which the equipment was not originally intended.

Personal Items

Members should not leave personal items unattended while using the facility. We are not responsible for lost or stolen articles. Pursuant to your membership contract, you have waived any right to sue NPWC for lost or stolen articles. We accept no responsibilities for articles left behind. Facility personnel are not allowed to accept responsibility for personal items.

Dress Code

NPWC requires you to wear appropriate clothing and footwear while in the facility. Apparel which is deemed damaging to the equipment or a threat to the safety of the individual or other members may be prohibited. Footwear is required in all areas and street shoes are not permitted. Sports bras must be covered by a t-shirt and short shorts are not allowed. Men are not allowed to remove their shirts.

Prohibited Items and Activity

No alcohol, drugs, or smoking is allowed in or around the facility. You cannot use the facility or engage in any activity at NPWC while under the influence of drugs, alcohol, or medication. Also, NPWC does not permit tobacco, alcohol, illegal drugs, including steroids, in its facility.

No weapons of any kind are permitted at NPWC. This also pertains to those who are part of law enforcement and those who possess a concealed carry permit. **NO WEAPONS ALLOWED.**

Under no circumstances is any member to train another member for compensation.

Violation of Rules

If any member or guest violates any of the policies or rules, NPWC will ask that person to stop or leave. A violation may also cause NPWC to terminate the violator's membership according to the terms of their membership agreement. NPWC reserves the right to amend or alter these rules and regulations at any time at our discretion. All amendments to these rules and regulations are effective immediately. In accordance with your membership contract and these rules, we may revoke or suspend your membership if you fail to follow the rules and regulations or for any reasons of nuisance, disturbance, moral turpitude or fraud.