

Code of Conduct Agreement

General Information for all MEMBERS and GUESTS of the WELLNESS CENTER (WC) AND
FITNESS CENTER @ NAVICENT LOFTS (FC)

To ensure a positive and safe experience for all, please adhere to the following guidelines. These rules are in place to ensure a safe and pleasant experience for everyone. Your cooperation is appreciated.

General Requirements:

- Keep all paperwork, contact info, and health history up to date.
- Dues must be paid on time. A \$4 fee applies to non-auto-draft payments.
- Scan in required at all facilities upon arrival.
- Exit the facility before closing for a smooth process.
- Respectful behavior is expected at all times.

Center Usage:

- Re-rack weights and equipment used, use equipment properly, and clean after use.
- No gym bags on the fitness floor – store items in lockers.
- Cell phone use should be in the lobby or outside, no speaker phone usage or conversations.
- No food allowed on fitness floor, locker rooms or pool area.
- No electronics in the saunas.
- Share equipment, sitting between sets discouraged, consider allowing others to work in during your breaks.
- Limit perfumes or scents.
- No profanity

Guests:

- Guests must be registered with ID at the front desk. This includes all forms and waivers.
- Local guests receive 2 free visits per year; day pass is \$15 or 5 visits for \$55.
- **(Downtown Macon) Fitness Center at Navicent Lofts Usage:**
 - No guests-members only
 - No children under 18 allowed.

Personal Training:

- Only certified trainers may provide training services.

Lockers:

- Day-use lockers are available. Remove belongings before leaving.
- Yearly locker rental available; see front desk attendant.

Pool /Shower Rules:

- **Shower:** Please shower before entering the pool to remove oils, soaps, and lotions.
- **Do not leave personal items in showers to reserve them.** Unattended belongings may be removed to ensure fair use for all.
- **Lane Reservations:** Reservations are required for lanes 1-4; lane 5 is open for walkers (no reservation). 1 reservation per day.
 - **Cancellation:** If you cannot make your reserved lane time, please cancel your reservation. Failure to do so may result in the suspension of your ability to reserve lanes in the future.
- **Age Limit:** No children under 16 allowed in the pool, except during swim lessons or approved training.
- **Dry Off:** For safety, please dry off before entering other areas after pool or shower use.

Dress Code: (Refer to DRESS CODE FLYER)

- Conservative attire and appropriate footwear required.
- No inappropriate clothing, including items with profanity, offensive content or overly revealing.

Sauna Rules – Strictly Enforced

- **No Media or Electronics:** Absolutely no media (photos, videos, phones, etc.) allowed in the sauna.
- **No Nudity or inappropriate behavior:** For hygiene and respect of others, nudity is not permitted in the sauna.
- **No Liquids on Rocks:** This is a dry sauna. Pouring liquid on the rocks will damage the equipment and is strictly prohibited.

Consequences:

- Failure to comply with these guidelines may result in termination of membership or facility access.

By signing, I agree to follow these guidelines for a safe and enjoyable experience.

Signature: _____

Printed Name: _____

Date: _____