



Code of Conduct

1. Respect other members and their personal belongings; please ...

- Provide other members adequate space to work out
- Share equipment and locker space
- Limit your use of cardio equipment, to 10 minutes, during peak times
- Disinfect fitness machines/equipment after use
- Do not interrupt someone during a set
- Remove weights from equipment after use (i.e. hack squat, bench press, calf raise, etc.)
- Refrain from the use of fragrances, as some members may be sensitive or allergic
- Use proper exercise breathing techniques
- Limit cell phone use to emergencies only
- Note that harassment, foul language or rude gestures is unacceptable behaviour

2. Respect Vitality Fitness Training Inc. property and equipment; please ...

- Do not slam or drop weights; gently return them to their proper location
- Use the pulley system in a slow controlled manner
- Notify *Vitality Fitness Training Inc.* staff of malfunctioning equipment
- Notify *Vitality Fitness Training Inc.* staff, if you feel another's actions are endangering you or other clientele
- Return equipment (i.e. Stability Balls, B.O.S.U.'s, benches, etc.) to their proper location
- Do not leave weights (i.e. barbells, dumbbells, plates) on the floor unattended
- Wear clean indoor sneakers and appropriate attire
- Note that clean indoor sneakers may be kept on shoe racks or taken with you. Shoes kept on the racks must be tagged, with your full name and telephone number on one side, and your shoe make, model and size on the other. Tags may be obtained from the 1st shelving unit in the CO-ED area.
- Note that Program Design binders and their contents are the property of *Vitality Fitness Training Inc.*, and are **not** to be removed, from the premises, without staff authorization and sign-out
- Return Program Design binders to the bookshelf when not in use
- Do not share or trade personalized Program Designs with other clientele
- Place used towels in the laundry hampers and empty water bottles in the blue recycling bins

3. Respect Vitality Fitness Training Inc. staff; please ...

- Note that *Vitality Fitness Training Inc.* qualified staff are available to answer fitness-related questions
- Note that harassment, foul language or rude gestures is unacceptable behaviour
- Follow any safety considerations/guidelines set forth by *Vitality Fitness Training Inc.* staff
- Arrive on time for all scheduled appointments
- Provide a minimum 24 hours notice, to cancel any scheduled appointments
- Sign-up **weekly**, on the chalkboards, for fitness classes you wish to attend
- Note that *Vitality Fitness Training Inc.* reserves the right to charge a \$10.00 No-Show fee to participants who do not call ahead to cancel their attendance, at a fitness class, for which they have signed up
- Arrive early and prepared for class (water, shoes, etc.)
- Do not interrupt fitness classes, for any reason, other than an emergency
- Do not "slip into" a fitness class already in session
- Notify *Vitality Fitness Training Inc.* staff, immediately, if you sustain an injury

Our goal is to provide an enjoyable, safe, clean environment for all clientele, while assisting you to reach your fitness goals.

I have read it and I get it!

Client Signature

dd/mm/yyyy