

LP FIT – RULES

1. Access to LP FIT is reserved to members. Members are allowed to bring **one guest to use the facility while in the company of the member.**
 - Key fob is required to enter LP FIT for doors will remain locked during operating hours.
2. **No one under the age of 18 is allowed in LP FIT premises**
 - **Those 16 and older are allowed in LP FIT ONLY if they are accompanied by their guardian.**
3. Proper athletic attire, decorum and consideration of the rights and comforts of others must be observed at all times. Athletic shoes are to be worn at all times. An exception is made for yoga classes in the studio.
4. Food is prohibited in LP FIT. Beverages consumed during workout shall be in a container with a lid. Members or guests shall clean up spills immediately.
5. Fitness center is not responsible for loss or damage to any member's personal property or their guest.
6. Members are responsible to pay for any loss or damage to property for which they or their guest are responsible.
7. Members and guests shall refrain from bringing food into the facility.
8. Beverages consumed during workout shall be in a container with a lid.
9. Alcoholic beverages are prohibited at all times in the building and grounds.
10. Smoking is prohibited in the building and grounds at all times.
11. Only approved personal trainers are allowed to train members at LP Fit.
12. Personal music may only be played using headphones.
13. During peak hours, or while people are waiting, please limit your time on a piece of cardio equipment to 30 minutes.
14. Please do not drop weights or allow weights to crash together.
15. Please re-rack all weights and equipment when finished.
16. Please wipe down all equipment when finished.
17. Members and guests should be aware of their personal fitness limits. Use of fitness club equipment and exercise may be strenuous. Exercise at your own level and pace.
18. Be courteous with your use of cell phones. Loud talking is disruptive to others' workouts.
19. In case of emergency, dial 911.