

New Member Number _____

24 hour rules/guidelines

- 1) You are under video surveillance.
- 2) Never open the doors for anyone. Members must use their card to access the club.
- 3) Members **MAY NOT**, under any circumstances, bring family members, guests or other Athletic Club Members when accessing the Athletic Club during these extended hours of operation.
- 4) The Child Care Area, Spin Room, Group fitness and Elite room will be locked and access restricted during extended hours of operation.
- 5) Members are asked to extend the courtesy of replacing free-weights and dumb bells to their appropriate rack after use.
- 6) Members, when using free-weights, are restricted from lifting excessive weight (i.e. "Maxing Out").
- 7) The Athletic Club is not responsible for items lost, stolen or left at the Athletic Club
- 8) If you open the door to let someone in your membership will be canceled immediately. If you are in a contract you will be required to pay the contract in full.
- 9) If you have a balance on your account over \$43.00 you can't use the 24 hour access.
- 10) Never go behind the front desk.
- 11) **Guests are not** allowed in the gym after normal operating hours.
- 12) Members must follow all the club rules
- 13) Kids under the age of 18 are not allowed in the club during extended hours.
- 14) The TV remote will be available during extended hours of operation. The televisions are to remain "muted" at all times. Please do not attempt to turn up the volume. You may listen to the TV by bringing a personal set of head/ear phones and plugging them into the headphone jack on the cardiovascular equipment.
- 15) **In case of an emergency, call 911**

As a Louisiana Athletic Club Member, failure to adhere to these stated rules, General Membership Rules and Regulations and the appropriate care and respect for this CHRISTUS facility and its equipment, may result in termination of membership and/or other charges deemed appropriate. The Athletic Club is under video surveillance 24 hours per day, seven days per week.

I, _____, have read, acknowledge and will abide by these written guidelines set forth by Louisiana Athletic Club

(Signature)

(Print)