

Gyration Fitness Center Member Policies

Clear expectations for a safe, respectful, inclusive, and well-maintained fitness environment.

APPLIES TO	Members, guests, visitors, vendors, contractors, and program participants
EFFECTIVE	September 17 2026
QUESTIONS	Contact the front desk or the General Manager

These policies supplement the Membership Agreement, posted safety notices, program rules, and instructions from staff. If a policy conflicts with applicable law or a signed membership agreement, the law and signed agreement control.

Our shared standard

Use the Center in a way that protects safety, privacy, dignity, and fair access. Follow staff directions, use equipment as intended, and speak up promptly when something needs attention.

Contents

- 1

Scope and member responsibility
- 2

Entry access and hours
- 3

Respectful conduct and inclusion
- 4

Safety health and prohibited items
- 5

Photography recording and devices
- 6

Locker rooms lockers and wellness areas
- 7

Fitness floor equipment and attire
- 8

Classes reservations and studios
- 9

Guests minors and youth programs
- 10

Training and other paid services
- 11

Accessibility and service animals
- 12

Property parking incidents and emergencies
- 13

Accounts freezes cancellations and changes
- 14

Privacy security and communications
- 15

Enforcement reporting and contact

1 Scope and Member Responsibility

These policies apply whenever a person enters, uses, or participates in services at Gyrations Fitness Center, including programs held in areas managed by the Center. Each member is responsible for their own conduct and for the conduct of any guest or minor they sponsor.

Members must also follow the Membership Agreement, reservation terms, waivers, posted signs, and reasonable instructions from staff. A member should ask the front desk when a rule is unclear. No policy limits a right that cannot lawfully be waived.

2 Entry Access and Hours

Check in and identification

Everyone must check in before using the Center. Members must present the access credential approved by the Center. Staff may request reasonable identification to confirm identity, eligibility, age, or guest status. Access credentials are personal and may not be shared, copied, transferred, or used to admit another person.

Account status

Access may be limited when a membership is expired, frozen, suspended, cancelled, or not in good standing, subject to the Membership Agreement and applicable law. Questions about an account should be directed to the front desk before using the facility.

Hours and temporary closures

Members must enter and leave within posted operating hours and complete workouts in time to exit by closing. Areas, equipment, classes, or amenities may be temporarily unavailable for cleaning, repair, safety, staffing, events, or operational needs. Material membership rights remain governed by the Membership Agreement and applicable law.

3 Respectful Conduct and Inclusion

Everyone is entitled to a fitness environment free from harassment, discrimination, intimidation, and unwanted interference.

Expected behavior

- Treat members, guests, employees, instructors, vendors, and neighbors with courtesy.
- Respect personal space, privacy, preferred names, and reasonable boundaries.
- Follow staff directions related to safety, access, operations, and conduct.
- Use shared areas without monopolizing equipment, obstructing walkways, or creating unnecessary disruption.

Prohibited behavior

- Harassment, discrimination, bullying, threats, stalking, fighting, unwanted sexual conduct, or retaliation.
- Abusive, demeaning, sexually explicit, or persistently disruptive speech or conduct.
- Soliciting, selling, fundraising, distributing materials, campaigning, or promoting an outside business without written approval.
- Conduct that creates a safety risk, interferes with another person's use of the Center, or damages property.

Inclusive access

Gyrations Fitness Center provides equal access and service without unlawful discrimination. Members and guests may use restrooms, showers, and locker rooms that correspond with their gender identity. Any available single-user or private changing option is open to anyone who prefers additional privacy; using it is a choice, not a requirement.

4 Safety Health and Prohibited Items

Safe participation

Each person must use reasonable judgment about their ability to participate safely, stop activity when experiencing pain, dizziness, breathing difficulty, or other concerning symptoms, and seek assistance when needed. Members should obtain medical advice before beginning or changing an exercise program when appropriate. Staff may pause an activity when there is a reasonable safety concern.

Illness and hygiene

- Do not use the Center while experiencing a communicable illness that may pose a meaningful risk to others.
- Cover open wounds, wipe equipment after use, use provided waste containers, and follow posted sanitation instructions.
- Return equipment safely and immediately report spills, damage, hazards, or malfunctioning equipment.

Weapons substances and impairment

To the fullest extent allowed by law, weapons are not permitted on Center property. Smoking, vaping, illegal drugs, and unauthorized controlled substances are prohibited. A person may not exercise, use equipment, participate in services, or remain in an activity area while impaired in a manner that creates a safety risk. Alcohol may be possessed or consumed only at an authorized event, in a designated area, by persons age 21 or older, and never before using fitness or wellness amenities.

5 Photography Recording and Devices

Private areas

Photography, video, audio recording, video calls, and live streaming are prohibited in locker rooms, restrooms, showers, saunas, steam rooms, treatment rooms, childcare or youth areas, and any other area identified as private. Devices must remain put away in these areas.

Other areas

Brief personal photography may be allowed in non-private areas only when it does not capture another person without their express permission, block traffic, occupy equipment, disrupt a class, or create a safety risk. Commercial content, interviews, professional lighting, tripods, and promotional filming require advance written approval. Staff may direct anyone to stop recording or remove content made in violation of this policy.

Calls audio and wearable devices

Use headphones for personal audio and keep sound inaudible to others. Voice and video calls are limited to designated lobby or lounge areas and may not be placed on speaker. Device use must not interfere with equipment awareness, instruction, emergency communication, or another person's workout.

6 Locker Rooms Lockers and Wellness Areas

Privacy and conduct

Respect privacy, keep pathways clear, and use changing, shower, sauna, steam, and recovery areas only for their intended purpose. Sexual activity, harassment, grooming that creates a sanitation issue, and extended occupation of shared amenities are prohibited.

Day lockers and personal property

Day lockers are available only while the member is on the premises and are subject to availability. Lock all belongings and remove them before leaving. Items remaining after closing may be removed and handled under the lost-property policy. The Center may open a locker when reasonably necessary for safety, sanitation, law enforcement, suspected prohibited items, or facility operations, consistent with applicable law.

Sauna steam and recovery amenities

- Follow all posted time, temperature, attire, and health warnings.

- Do not bring food, glass, electronic devices, street shoes, or used exercise clothing into heat or wet amenities.
- Leave promptly when an area closes for cleaning, maintenance, or an emergency.

7 Fitness Floor Equipment and Attire

Attire and footwear

Wear clean, activity-appropriate clothing and footwear that protect safety, sanitation, and equipment. Shirts and closed athletic shoes are required on the fitness floor unless a class format or posted amenity rule provides otherwise. Clothing or accessories may not display unlawful harassment, create a snag or entanglement hazard, or damage equipment.

Equipment use

- Use equipment only for its intended purpose and within posted limits.
- Do not modify, relocate, repair, or disable equipment or safety features without staff approval.
- Use collars, pins, stops, and spotters where appropriate; do not drop weights except where specifically permitted.
- Allow others to work in when practical, observe any posted time limit, and do not reserve unused equipment.
- Return weights and accessories to their assigned locations and wipe contact surfaces after use.

Personal belongings

Bags, coats, and other loose belongings must be stored in designated areas and may not obstruct walkways, exits, studios, or exercise stations.

8 Classes Reservations and Studios

Reservations and arrival

Some classes require advance booking. Unless the class description states otherwise, arrive and check in before the scheduled start. A reserved space may be released at the class start time. Late entry may be denied when it would be unsafe or disruptive.

Cancellation and missed reservations

Unless a class-specific term states otherwise, cancel at least two hours before the scheduled start. Repeated late cancellations or missed reservations may result in a temporary restriction on advance booking. Paid or specialty classes may have different purchase, cancellation, credit, and expiration terms disclosed before purchase.

Studio conduct

Follow instructor directions and class-specific requirements. Keep personal items outside the activity area, silence devices, and avoid entering late or leaving early except when necessary. Tell the instructor before class about a relevant safety concern only if you choose to do so; do not include medical details beyond what is needed to request assistance or a reasonable modification.

Outside instruction

Only instructors and trainers authorized by Gyratation Fitness Center may provide coaching, personal training, or instruction on the premises, whether paid or unpaid. Members may exchange ordinary workout assistance so long as it does not resemble an organized training business, disrupt operations, or create a safety concern.

9 Guests Minors and Youth Programs

Guests

Guest access is a limited privilege, not a membership right. A sponsoring member must accompany the guest unless the Center expressly approves otherwise. Guests must check in, provide requested identification, complete required waivers, pay any applicable fee, and follow all policies. The Center may limit guest frequency, hours, amenities, or access for safety, capacity, operational, or conduct reasons.

Minors

Guests age 18 and older may use the Center subject to guest rules. A person age 16 or 17 may participate only with a parent or legal guardian's written authorization and any supervision required by the program or membership terms. Children under 16 may enter activity areas only through an approved youth or family program. A parent or guardian remains responsible for the minor and may not leave the premises while a child is in supervised childcare unless the program's written terms expressly allow it.

A child who is ill, unsupervised, disruptive, or unable to follow safety directions may be denied participation or released to the responsible adult.

10 Training and Other Paid Services

Service provider

Personal training, small-group coaching, assessments, recovery services, and similar appointments are services provided by Gyration Fitness Center. The Center may assign or substitute a qualified provider when needed. Individual results vary and are not guaranteed.

Professional boundaries and consent

Some services involve close proximity or hands-on cueing. The provider should explain the purpose of contact and obtain permission. A participant may decline contact, request a different approach, pause, or end a session at any time. Concerns should be reported promptly to the General Manager.

Booking cancellation and payment

Unless written service terms state otherwise, appointments must be paid before service and cancelled or rescheduled at least 24 hours in advance. A late cancellation or missed appointment may be charged in full, except where prohibited by law or waived by management. Package expiration, transfer, refund, and membership-status rules must be disclosed at purchase and remain subject to applicable law.

11 Accessibility and Service Animals

Reasonable modifications

Gyration Fitness Center welcomes requests for reasonable modifications, auxiliary aids, and accessible communication. Contact the front desk or General Manager. The Center will engage in an individualized review and will not require a person to disclose unnecessary medical details.

Service animals

Service animals are permitted in areas open to members as required by law. The animal must remain under the handler's control and be housebroken. When the disability-related need is not apparent, staff may ask only the questions permitted by law. An animal may be excluded if it is out of control and the handler does not regain control, is not housebroken, poses a direct threat, or would fundamentally alter a service. Public-health rules may prohibit an animal from entering a swimming pool or similar water feature, while the animal may remain on the surrounding deck where allowed.

Pets and emotional-support animals that do not qualify for public-accommodation access under applicable law are not permitted, except for a Center-approved event or program.

12 Property Parking Incidents and Emergencies

Personal property and lost items

Bring only what is needed, secure valuables, and do not leave property unattended. To the fullest extent permitted by law, the Center is not responsible for lost, stolen, or damaged personal property. Found items may be held for up to 14 days and then donated, recycled, or discarded, except identification, medication, keys, and other sensitive items, which may be handled sooner through an appropriate process.

Parking and transportation

Follow posted parking, bicycle, loading, and accessibility rules. Parking may be managed by a third party and does not guarantee space or security. Do not leave valuables visible in a vehicle.

Incidents and emergencies

Immediately report injuries, threats, suspected theft, damaged equipment, unsafe conditions, or privacy concerns to staff. Call 911 for an emergency when appropriate. Cooperate with evacuation, shelter, medical-response, and other emergency instructions. When feasible, provide an incident report before leaving so the Center can respond and preserve relevant information.

13 Accounts Freezes Cancellations and Changes

Membership agreement controls

Dues, fees, billing dates, renewal, cancellation, relocation, disability, death, freezes, refunds, and contract duration are governed by the signed Membership Agreement and applicable law. These Member Policies do not reduce or replace any nonwaivable cancellation or refund right.

Freeze status

A member may request a freeze when allowed by the Membership Agreement or law. Access is suspended during an approved freeze unless written terms expressly provide otherwise. Optional services, lockers, packages, or appointment expirations are affected only as stated in their separate written terms or as required by law.

Changes to operations and policies

The Center may make reasonable prospective changes to operating rules, hours, programs, equipment, amenities, and these policies for safety, legal, service, or operational reasons. Notice will be provided when required by the Membership Agreement or law. A material change does not waive any right a member has under applicable law.

14 Privacy Security and Communications

Personal information

The Center collects and uses personal information to administer memberships, provide services, process payments, maintain security, communicate operational information, and meet legal obligations. Current privacy practices should be described in the Center's Privacy Notice, which is separate from these policies.

Security systems

Security cameras may operate in entrances, fitness areas, corridors, and other non-private locations for safety, loss prevention, and incident review. Cameras are not used in locker rooms, restrooms, showers, treatment rooms, or other spaces where a person reasonably expects bodily privacy. Footage is handled under the Privacy Notice and applicable law.

Communications

Members may receive administrative messages about billing, access, safety, closures, schedule changes, and membership services. Marketing communications are subject to consent and opt-out rights required by law. Opting out of marketing does not stop necessary transactional or safety communications.

15 Enforcement Reporting and Contact

Proportionate response

Depending on the seriousness, frequency, and circumstances of a violation, the Center may provide coaching or a warning, end an activity, require a person to leave, restrict access, suspend privileges, or terminate membership as permitted by the Membership Agreement and law. Immediate removal or emergency action may be taken when reasonably necessary to protect safety, privacy, property, or lawful operations.

No retaliation

Retaliation against a person who makes a good-faith safety, discrimination, harassment, accessibility, billing, or privacy report is prohibited.

How to raise a concern

URGENT SAFETY ISSUE	Notify any staff member immediately. Call 911 when appropriate.
POLICY OR CONDUCT CONCERN	Contact the front desk or General Manager.
MEMBERSHIP OR BILLING	Use the cancellation or account-contact method stated in the Membership Agreement.
ACCESSIBILITY REQUEST	Ask the front desk for the General Manager or designated accessibility contact.

Thank you for helping make Gyrations Fitness Center safe, welcoming, and ready for everyone to train.