

# **Gladbrook Fitness and Wellness Center**

## **Membership Rules**

- 1. Shirt and appropriate athletic shoes will be worn at all times.**
- 2. Street shoes must be removed prior to using the equipment.**
- 3. All equipment should be disinfected and wiped down when finished.**
- 4. Replacement of lost card will result in a fee of \$25.**
- 5. Absolutely no food or beverages (except water) allowed in the fitness center.**
- 6. Children under age 14 are not allowed in the fitness center.**
- 7. Children age 14-15 must be a member and accompanied by an adult member.**
- 8. Dependent children age 16-22 and full-time students may use the facilities as part of a family membership and without adult supervision.**
- 9. No guests allowed, members only.**
- 10. It is recommended that members do not workout alone.**
- 11. Please report any problems with workout equipment or security issues to City Clerk at 641-473-2582.**
- 12. Please turn out lights when leaving the facility.**
- 13. Please be respectful of other persons using the facility in regards to the use of the televisions.**
- 14. Not responsible for lost or stolen items.**
- 15. The following behaviors will not be tolerated:**
  - a. Disrespectfulness of others, the facility or equipment.**
  - b. Derogatory actions or demeaning remarks about race, creed, gender, or appearance.**
  - c. Theft or destruction of fitness center property.**
  - d. Public displays of affection other than holding hands.**
  - e. Swearing**
  - f. Fighting**
  - g. Spitting**
  - h. Smoking anywhere in the fitness center is prohibited.**
  - i. Use of drugs or alcohol anywhere on the fitness center property is prohibited.**
  - j. Clothing that portrays graphic violence or language or is offensive.**
  - k. Other behaviors deemed inappropriate.**
  - l. Carrying or concealing any weapons, devices, or objects which may be used as weapons.**
  - m. Harassment or intimidating behavior.**