



## **Welcome to Bearskin Fitness Center**

Thank you for becoming a member of Bearskin Fitness Center. We hope that in the upcoming days that you will get a chance to see why so many have chosen Bearskin Fitness Center as their personal fitness center.

Making health and fitness a part of your lifestyle can be a difficult task. We are here to make you feel as comfortable as possible, by answering any questions you may have and helping you learn about nutrition and exercise.

### **HOURS OF OPERATION**

Monday – Friday 5:00 am – 9:00 pm

Saturday 8:00 am – 4:00 pm

Sunday 1:00 pm – 5:00 pm

888-864-0725

918-678-2070

## **TIPS FOR SUCCESS**

If you've been inactive for a long time, are overweight, have a high risk of coronary heart disease or some other chronic health problem, see your doctor for a medical evaluation before beginning a physical activity program.

- Choose activities that are fun, not exhausting. Add variety. Develop a repertoire of several activities that you can enjoy. That way, exercise will never seem boring or routine.
- Wear comfortable, properly fitted footwear and comfortable, loose-fitting clothing appropriate for activity.
- Find a convenient time and place to do activities. Try to make it a habit, but be flexible. If you miss an exercise opportunity, work activity into your day another way.
- Use music to keep you entertained.
- Surround yourself with supportive people. Decide what kind of support you need. Do you want them to remind you to exercise? Ask about your progress? Participate with you regularly or occasionally? Allow you time to exercise by yourself?
- Don't overdo it. Do low to moderate-level activities, especially at first. You can slowly increase the duration and intensity of your activities as you become more fit. Over time, work up to exercising on most days of the week for 30-60 minutes.
- Keep a record of your activities. Reward yourself at special milestones. Nothing motivates like success!

## **CLUB POLICIES AND GUIDELINES**

Members and or guests acknowledge that they are physically able to engage in any activity, program, or training provided and agree that all exercises and use of this facility are undertaken at their sole risk.

They also agree to accept full responsibility for all personal belongings. Derogatory remarks involving any other members or club personnel will not be permitted. Profanity will not be tolerated. Our building is smoke and tobacco free.

# FITNESS CENTER PROPER ATTIRE



## AUTHORIZED

### TOPS

- ⊗ Un-modified t-shirts or tank tops
- ⊗ Underclothing (workout gear with built-in under-clothes are ok)
- ⊗ When standing, tops must meet top of shorts (minimum)

### BOTTOMS

- ⊗ Shorts with full coverage of buttocks
- ⊗ Leggings
- ⊗ Sweatpants or athletic pants

### FOOTWEAR

- ⊗ Athletic shoes
- ⊗ Tennis shoes
- ⊗ Running shoes
- ⊗ Court shoes
- ⊗ Cross-training shoes
- ⊗ Minimalist/five-finger shoes

### OTHER

- ⊗ Proper hygiene
- ⊗ Limited use of perfume/cologne



## NOT AUTHORIZED

### TOPS

- ⊗ Clothing with rivets
- ⊗ Modified/homemade t-shirts/tank tops/crop shirts
- ⊗ Only sports bra
- ⊗ Exposed midriff
- ⊗ Exposed chest/nipple area
- ⊗ Inappropriate or offensive language on clothing

### BOTTOMS

- ⊗ Saggy pants
- ⊗ Jeans
- ⊗ Bikinis
- ⊗ Exposed gluteus muscles or exposed undergarments

### FOOTWEAR

- ⊗ Bare feet
- ⊗ Socks only without shoes
- ⊗ Flip flops
- ⊗ Sandals
- ⊗ Open-toed shoes
- ⊗ Crocs/dogs
- ⊗ Boots on the cardio equipment

### OTHER

- ⊗ Heavy perfume or cologne
- ⊗ Body odor
- ⊗ Plastic/rubber suits



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### TOPS

- ⦿ Un-modified t-shirts or tank tops
- ⦿ Underclothing (workout gear with built-in under-clothes are ok)
- ⦿ When standing, tops must meet top of shorts (minimum)

### BOTTOMS

- ⦿ Shorts with full coverage of buttocks
- ⦿ Leggings
- ⦿ Sweatpants or athletic pants

### FOOTWEAR

- ⦿ Athletic shoes
- ⦿ Tennis shoes
- ⦿ Running shoes
- ⦿ Court shoes
- ⦿ Cross-training shoes
- ⦿ Minimalist/five-finger shoes

### OTHER

- ⦿ Proper hygiene
- ⦿ Limited use of perfume/cologne



## NOT AUTHORIZED

### TOPS

- ⦿ Clothing with rivets
- ⦿ Modified/homemade t-shirts/tank tops
- ⦿ Exposed midriff
- ⦿ Exposed chest/nipple area
- ⦿ Inappropriate or offensive language on clothing

### BOTTOMS

- ⦿ Saggy pants
- ⦿ Jeans
- ⦿ Ranger panties
- ⦿ Exposed gluteus muscles or exposed undergarments

### FOOTWEAR

- ⦿ Bare feet
- ⦿ Socks only without shoes
- ⦿ Flip flops
- ⦿ Sandals
- ⦿ Open-toed shoes
- ⦿ Crocs/clogs
- ⦿ Boots on the cardio equipment

### OTHER

- ⦿ Heavy perfume or cologne
- ⦿ Body odor
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## **PROPER CLOTHING AND HYGIENE**

- No open toed shoes or sandals are allowed in workout areas. Wear shoes appropriate for the activities you plan to pursue. Gym shoes only on the basketball court.
- Shorts, sweat pants, t-shirts, tank tops and spandex accessories deemed appropriate by management are allowed.
- Clean workout clothing is required. Any unsatisfactory visible hygiene condition will be addressed by management and corrective action may be required.
- All other clothing and shoes must be kept in a secure place. Please keep all valuables at home. Bearskin Fitness is not responsible for any lost or stolen items.
- Please avoid the use of heavy perfume or cologne.

## **Weight and Cardiovascular Areas**

- Please be courteous at all times.
- Cardio equipment limited to 30 minutes when others are waiting.
- Allow others to work in during your rest periods.
- Rack all weights after each use.
- No tolerance for dropping/slamming of weights.
- If dumbbells appear loose or cracked, report to staff immediately.
- Keep hands and feet away from all moving parts and weight stacks.
- Do not attempt to repair or adjust any equipment that has malfunctioned.
- Report any equipment problem(s) immediately to the staff.
- Always use a spotter when attempting maximum weight.
- Collars and clips are to be used for “free bar” lifting.
- Use your workout towel to wipe off equipment and benches after use. Cleaner and paper towels are provided in each room.
- If you are unfamiliar with the use of any equipment, please ask a staff member for assistance.
- Children ages 12 and 13 must be accompanied by an adult at all times. Children under the age of 12 are not allowed in workout area under any circumstances.

Use common sense. Abstain from any exercise that causes pain (other than normal muscle soreness) until you talk with your doctor. Each individual can have specific aches and pains from previous injuries or abuses that may be fine for someone else

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***Remember: When your body hurts, there is a reason. Stay in tune with your body and be aware of any little aches and pains you experience. You are responsible for recognizing painful or inappropriate bodily responses to particular exercises. Don't ignore pain or you may be sorry later.***

- Never continue an exercise out of form. Maintain postural alignment for maximum safety and muscle response. Remember that maximum effort leads to maximum results.

**All members and guests are required to have fun. We are here to help you reach your fitness goals and provide you with a safe workout environment. Please let us know if you have any questions or recommendations on how we can best serve your needs.**

### **BEARSKIN FITNESS CHILDCARE**

- Bearskin Fitness Center Members receive two-hour max of childcare services per day included in their membership. If count is high, it will be limited to hour and a half max. Children age 6 weeks and up to 12 years of age are eligible to stay in childcare. We do our best to keep your children safe and entertained; however, we are not a daycare so we do not change diapers or feed your children.
- ILLNESS: We can accept only children who are well. If your child becomes ill, you will be contacted and expected to pick up your child. Children who have vomited, had diarrhea, fever, or have unusual rashes shall not be admitted back to the Day Care until all symptoms have been clear for twenty-four (24) hours.
- For the safety and health of your children, please do not bring food or gum into the child care area. Bottles or sippy cups are welcome.
- Please label all bags, bottles and pacifiers with child's name. The fitness center is not responsible for lost or stolen items.
- Parents are responsible for changing their child's diaper. Parents will be notified when their child needs a diaper change.
- If a child is having a difficult time, every effort will be made by the Child Care Staff to calm and comfort the child. If all efforts fail, the parent will be notified.

- Parents are welcome to stay a few minutes to make sure that their child is comfortable. The Child Care Center had well qualified staff to watch your child while you work out or visit the doctors' office.
- The fitness center is under no obligation to accept a child if capacity has been reached in the Child Care areas.
- The Fitness Center reserves the right to remove children who are perceived to pose a danger to themselves or others.
- SAFETY POLICY: No child will be left alone or unsupervised. When you enter the Day Care, make sure that a staff member is aware of your child's presence
- All parents/guardians will be required to fill out an enrollment card on each child with allergies, etc.
- Only parents and legal guardians 18 years and older are permitted to sign child in. If another individual is picking the child up, you must state the person name and initial it on the check in sheet. If you do not state the individual then staff will not release your child until you- the parent or legal guardian- picks them up. NO EXCEPTIONS.

- **PARENT/GUARDIAN MUST REMAIN ON PREMISES.**

Hours: Monday – Friday 8:00AM- 11:00AM & 3:30PM-8:00PM.  
 Saturday 8:00AM-3:00PM & Sunday 1:00PM-4:00PM (May 1<sup>st</sup>  
 September 1<sup>st</sup> weekend hours will be Saturdays 10:00am- 3:00pm &  
 Sundays closed).

- **Note: Day Care hours are subject to change, especially in the event of holidays, special events in the gym, or seasonal hours. Please check our facebook page or front monitor for postings. During high peak time of year, childcare will be limited to an hour and a half maximum.**

## **POOL POLICIES AND REGULATIONS**

Bearskin Fitness Center recognizes the difference in comfort levels of all individuals. All members are encouraged to swim in what is most comfortable to them. No cut-offs or clothes that have been used to work out in will not be allowed in the pool. Water shoes are encouraged to prevent slips and falls.

## **POOL CLOSING DUE TO LIGHTNING**

For your own protection we ask that you evacuate the pool area when lightning is present, threatening, or when the conditions are not right. The pool area will be evacuated until 30 minutes after the last evidence of lightning is present.

## **NO EATING/ NO DIVING**

There is no food allowed in any of our facilities. Please do not allow children to eat at least one hour prior to their lesson. If your child gets sick you may be asked to leave the program to maintain the safety and well-being of the other students and the program.

## **ADULT MUST STAY BY POOL:**

All children ages 12 & 13 years old must be accompanied by an adult at all times when in the swim area. Children under the age of 12 are only allowed in pool area if they are taking a class or a special event.

## **WATER DIAPERS: (Special Events/Classes Only)**

Children 3 yrs. and younger and/or not toilet trained MUST wear water diapers or they WILL NOT be allowed to swim. Swim diapers must be worn over diapers of all youth who are still in the process of being potty trained. If you don't have your own pair, swim diapers will be available for purchase at the club. Health department regulations require that the pool be closed when a fecal accident occurs. Depending on the type of accident this closing could range from one hour to 24 hours.

Only US Coast Guard approved personal flotation devices may be used in the pool.

Animals or pets are not permitted in the pool or on the deck.

No person with skin, eye, ear, or nasal infections allowed in the pool.

No glass allowed in pool or on the deck.

All persons must shower prior to entering the pool.

All persons using the pool do so at their own risk. Owners and management are not responsible for accidents and injuries.

Management reserves the right to deny use of pool to anyone at any time. No pushing, running, or shoving is allowed on the pool deck area.

All tag games must be conducted in the water.



Repeated exposure may cause premature aging of the skin and skin cancer.

- If you do not tan in the sun, you are unlikely to tan from the use of this equipment.
- Medications or cosmetics may increase your sensitivity to the ultraviolet radiation.
- Consult a physician before using tanning equipment if you are using medications or have a history of skin problems or you are especially sensitive to sunlight.
- Please check with your pharmacy or physician for a list of medications that can cause photosensitivity.
- Children are not allowed in the tanning room while tanning. This is for their protection and ours.

**THUNDERSTORM** - You will be tanning at your own risk. Staff will encourage you not to tan while storming.

### **TOWEL POLICY**

Towels are provided for your use free of charge. It is recommended that you use a towel during your workouts to put on the machines to provide a barrier to catch sweat, fluids, etc. Towel collection is located by our front desk area.

### **VIOLATION OF RULES**

If any member violates rules or policies, Bearskin Fitness Center will ask the person to stop or leave the facility. This may also result in termination of the violator's membership.

### **INCLEMENT WEATHER POLICY**

In extreme cases of weather conditions, it may require the closing of Bearskin Clinic/Bearskin Fitness Center. In the event that such an emergency occurs, our local radio and/or television stations will be asked to broadcast of the facilities closing. A nixle will be sent out to all patrons that have signed up to receive a text or via email. Our answering service will also be updated

### **AMENITIES / SERVICES**

- Personal training is offered by a National Academy of Sports Medicine Certified professional. Certain fees apply.
- Fitness assessments, including blood pressure and body composition are available upon request. Certain fees apply.

Toys may be used in the main pool (beach balls, diving rings, squishy balls, etc.) but must be kept in the pool and under control.

Water pistols, boats and other toys are NOT permitted in the pool.

Only soft toys are allowed in pools

Bearskin Fitness Center is a family oriented facility; therefore we have zero tolerance for improper behavior, profanity, intoxication.

## **WHIRLPOOL**

- STATE LAW requires you to shower before using the whirlpool.
- The use of the whirlpool is at your own risk.
- Proper swim attire is required.
- Members and guests must be **16 years of age or older.**
- Pregnant women and persons suffering from heart disease, diabetes, high or low blood pressure should not enter the whirlpool without prior medical consultation and permission from their doctor.
- Persons under the influence of alcohol, narcotics, or other drugs that cause sleepiness, drowsiness, or raise blood pressure should not enter the hot tub.
- Persons with communicable diseases, skin infections or open sores shall not enter whirlpool.
- Enter and exit slowly.
- Persons should not submerge their face or head under water.
- Observe reasonable time limits. If you experience nausea, dizziness or unusual feelings exit the whirlpool immediately.
- Glass and other breakable objects are not permitted in whirlpool areas.
- Please turn off whirlpool if you are the last person out of the water.
- In case of emergency (no matter how minor) contact the staff immediately.
- Inclement weather may require you to evacuate certain areas of facility if deemed necessary by personnel (whirlpools, tanning beds, etc.).

## **GYM POLICIES**

The availability of the gym will be dependent upon Special Events, Basketball League and Summer Camp schedules.

Only tennis shoes will be allowed on the basketball court wood floor. (No hard shoes of any kind will be allowed inside the basketball court.)

No hanging on the basketball rim or pulling on the basketball net.

A Bearskin Fitness employee will monitor the gym to ensure adequate safety measures.

All players or patrons using the basketball court/gymnasium assume the risk of any injury incurred while using the facility. Bearskin Fitness Management reserves the right to refuse service to anyone who does not follow the above delineated policies. All Persons must register at the front desk before using any portion of the facility, including the gym.

Only capped, spill proof bottles are allowed. No gum, food or other drinks. Offensive language, behavior, roughhousing, and fighting will not be tolerated.

### **FOOD AND DRINK**

- Water and sport bottles with spill proof lids are allowed in all areas of the club
- No food items, glass containers or other beverages in the workout areas.

### **MEMBERSHIP ID CARDS**

Bearskin Fitness Center issues a membership ID card to memberships for identification purposes. Prospective members less than 14 days are not issued a card. You may not let anyone else use it. Use of your card by anyone else will cause it to be confiscated, and a fee will be charged to redeem it. There is a charge of \$1.00 for lost ID cards. Children ages 12 & 13 are not allowed to have ID card.

### **CHECK IN**

You must check in at the front desk or our back desk prior to using the facility. If you have not received your membership ID, you must check in with a staff member.

### **MEMBERSHIP FREEZE POLICY**

Bearskin Fitness Center does allow freezes to be placed on gym memberships if you are in good standing with all fees paid and current on your dues and you qualify as follows: medical disability, active duty military, temporary employment transfer, extended vacation of 2 weeks or more.

### **GUEST PRIVILEGES**

Bearskin Fitness Center encourages you to bring friends, relatives and business associates for a guest visit. A guest must check in at the front desk, be at least 18 (minor must have signature of parent or guardian on release form), sign a medical and injury release form and pay a guest fee before using the facilities.

### **14 DAY FREE TRIAL**

Bearskin Fitness Center has a 14 day free trial membership for prospective members to “try before they buy” the facility amenities. This trial applies to individuals within 60 miles of the facility.

## **LOCKERS**

Bearskin Fitness provides lockers for your use on a daily basis free of charge, provided that you exchange your car keys or membership ID for a lock. Lockers are available for a monthly rental fee of \$5.00. If your locker status is expired for more than 30 days, your property will be considered abandoned and Bearskin Fitness Center has the right to donate your property to charity. Lost keys will result in a \$5 charge for replacement.

## **LOST AND FOUND**

Lost and found items will be stored in the storage room for one month and then donated to charity.

## **PROHIBITED ITEMS AND ACTIVITIES**

- No alcohol, drugs tobacco or smoking.
- No weapons in Bearskin premises.
- No photography or video equipment. Permission only granted if written statement from management.
- Personal Training: Under no circumstance is any member to train another member for compensation. If it is determined that paid personal training has been conducted on the premises, the trainer and trainee will each lose their membership.
- Bearskin Fitness reserves the right to limit or restrict the use of outside equipment in the club.

## **TANNING POLICIES**

- Tanning is by appointment and limited to one session per day.
- For your convenience and protection, eyewear is provided and must be worn.
- Only indoor tanning products allowed in tanning equipment.
- If you are 17 years old or younger, you must provide written consent signed by a parent or legal guardian.
- If you are over 10 minutes late, your tanning appointment will be cancelled.
- For your convenience and protection, a disinfectant cleaner is provided for your use. Please wipe down tanning bed when your session is completed.
- Avoid overexposure. This can cause eye and skin injury and allergic reactions.