

Rules and Regulations

1. 4Ever Fitness is not staffed at all times and members agree to follow all rules and use common sense while in the facility. There are monitored security cameras 24 hours a day, 7 days a week.
2. Members should have the permission of his/her primary care physician before starting any type of exercise program or before starting any type of exercise.
3. All members must check into the club each visit by scanning his/her key tag (NO TAILGATING).
4. Members are not allowed to permit any other person to enter the facility unless they are registered guest for their workout. Staff must be present for guests to be allowed to enter the facility.
5. Children under the age of 14 are not allowed into the gym without permission from the owner.
6. All members and guest must be clothed appropriately at all times.
7. Members are responsible for their own possessions and keeping lockers locked while using the facility. Big lockers are not permitted for overnight use. 4Ever Fitness is not responsible for items placed in lockers.
8. All tobacco products, alcohol or the use of prescription drugs are strictly prohibited within 4Ever Fitness.
9. Free weights, including plates, dumbbells, and barbells must remain on the rubberized surface at all times. Please re-rack all weights when done using them in their proper location.
10. Members are not allowed to drop weights or do anything that would jeopardize the facility or equipment.
11. It is prohibited for anyone to have in their possession any type of weapon, classified by law as a weapon, in this facility.
12. I understand that I am exercising at my own risk and under no circumstances will I hold 4Ever Fitness responsible for any type of injury. I understand that by signing below, I am acknowledging that 4Ever Fitness will not be held responsible for any type of injury.

I have read and understand these Rules and Regulations as set forth by 4Ever Fitness. By signing this I am committing that I will uphold and abide by all the Rules and Regulations of 4Ever Fitness.

X _____ Date _____