

This fitness center is a place free from distraction & intimidation. A health club where everyone is welcomed & accepted, no matter what their physical condition may be. The only competition will be with yourself.

1. Enjoy your workout & allow other to enjoy theirs!
2. Please present your Free 7 Day Pass when you arrive at the front desk.
3. Guest who participate in the Fitness Center will do so at their own risk.
4. Appropriate athletic footwear & attire must be worn (no jeans, boots or sandals).
5. Report ANY injury IMMEDIATELY to a Fitness Center attendant.
6. Report any equipment problem immediately to a Fitness Center attendant.
7. Ask a Fitness Center attendant for assistance or demonstration in machine usage.
8. Refrain from swearing, grunting or dropping weights.
9. Re-rack weights & wipe down equipment after each use.
10. Please be considerate of other members if you are using your mobile phones on the workout floor.
11. Gym bags, purses & other belongings are not permitted in the workout areas.
12. Other than spill-proof water bottles, food & beverages are not allowed in the Fitness Center
13. The use of tobacco products in the Fitness Center is prohibited.
14. No one under the age of 18 is permitted on the floor unless accompanied by an adult or trainer.
15. Participants 13-17 years of age must be accompanied by an adult & are required to attend orientation with a trainer prior to working out.
16. No outside personal training is permitted in the Fitness Center.
17. Guest are subject to replacement charge for damaged equipment as a result of their reckless or negligent behavior.
18. FIT by Hyland Hills is not responsible for lost or stolen items. Please lock all valuable in provided lockers.