

ARC Facility Policies

24 Hour & Extended Access

- **Members Only**– no day or guest passes after hours.
- Basement is only open during staffed hours.
- Ages 19+ can have 24-hour access.
- Extended Access (Ages 16-18 years) allowed access from **5am-9pm** (must leave at 9pm on the honor system).
- Members of any age can be in the facility 24/7 under the supervision of a **Parent or Guardian 19 years or older**.
- Failure to comply with facility rules and/or bringing in nonmembers will result in a fine and/or loss of privileges.

Age Restrictions

- **General Facility**- Ages 10+ to be in the facility without supervision. Must be 14+ to be responsible for those under the age of 10.
- **Weight & XFIT Rooms** - Ages 15+ may use on their own. Ages 13-14 years must be directly working out with a parent/guardian.
- **Cardio & Fitness Rooms** - Ages 15+ may use on their own. Ages 10-14 years must be directly working out with a parent/guardian.
- **Gymnasium & Basement** - Children aged 6 and under must have supervision. Those ages 7-9 must have an adult in facility.
- **Steam Room & Sauna** – Ages 16+

General Etiquette

- Food is **only** allowed in the lobby area. Drinks are allowed throughout the building. Please notify staff of spills.
- Profanity and physical violence will not be tolerated.
- Personal music must be listened to with headphones. **No speakers.**
- Proper attire includes a shirt, pants/shorts, and gym footwear.
- Please put away all weights, disinfect equipment & place sweat towels in laundry basket.
- Allow others to work in and be courteous. All cardio equipment has a 30 min time limit when weight/ cardio rooms are busy.
- Please be aware of personal hygiene and heavy perfumes.
- Be courteous and have phone conversations outside the gym.
- “Gym selfies” and videos should not include other members without their permission.

Gymnasium

- Absolutely NO DUNKING. No wheels allowed (i.e., rollerblades, strollers, etc.).
- See the gym schedule for open gym times and more information. Sharing the space during open gym times is expected.

Group Fitness Classes

- All classes are included with membership for those ages 15+ or drop-in pass \$5/class. First class free! (excluding waves class).

Childwatch

- For ages 6 weeks – 9 years included with family plus membership or \$3 drop-in fee per child. 2-hour time limit.

Basement

- The basement is only open during staffed hours. Thank you for exiting on time.
- Bath towels are available in commons area by the sauna.
- BJJ Court – open when class is not in session. No shoes allowed.
- Racquetball courts can be reserved the day of for 45min. Wallyball net is available- staff may not be available to set up nets.
- Racquets, Racquetballs, and wallyball nets are in the commons area lockers.
- Gymnastics Court – open when class is not in session. No shoes allowed. Please put away equipment.

Locker Rooms

- Members may place a lock on locker for ongoing use. Please notify front desk of locker #, name & phone #

Steam Room & Sauna

- Please wear proper attire (i.e., swimwear) as they are in a commons area. Ages 16+. See posted regulations for more information.

Membership

- Each member receives 2 free guest passes to use each calendar year.
- Those with monthly auto-draft memberships may put their membership on hold for up to 3 months each calendar year. The dates must follow the current billing cycle. We require 30-day notice to cancel. Please see the front desk.
- Pay- in-full memberships in increments of 3, 6 and 12 months are available.
- Join fee is applicable to new members or those whose membership has been expired longer than 90 days.
- Scholarships for membership assistance are available. Applications are located at the front desk or online.
- Weekly and month guest memberships with 24/7 access are available, some exclusions apply.
- WIFI password- ARC12345