



# MTZ CANTON RULES

- DO NOT BRING IN OR ALLOW ACCESS TO ANY PERSON WHO DOES NOT HAVE AN ACTIVE MEMBERSHIP OF THEIR OWN.**
  - Any violation of the above rule subjects member and guest to criminal charges.**
- Be respectful – to staff, other members, the facility & equipment and to yourself.
- MTZ Canton is 18 and over only. **NO EXCEPTIONS.**
- Wear appropriate attire – shirt, pants and clean athletic shoes. No jeans, street shoes, buckles or loose jewelry.
- Re-rack all your weights and wipe down all equipment after use.
- Do not hog/hoard machines/equipment.
  - Time limit of 30 minutes on cardio machines, 15 minutes on strength machines if there are others in the room.
- Refrain from yelling, using profanity, banging/dropping weight and making unnecessary loud noises.
- NO PHOTOS OR VIDEOS. RESPECT THE PRIVACY OF OTHER MEMBERS.**
- Do not use the exercise equipment if your doctor has advised you not to.
- No gym bags or purses allowed on the gym floor. Do not bring any valuables into the gym as MTZ Fitness Corp, its owners, directors, officers, employees, agents are not responsible for any lost or stolen personal items.
- Any person who uses any equipment must have a signed Insurance Release form on file.**
- We have day passes available for \$10/day per person. Contact MTZ during staffed hours, via email, text (309.338.7088) or Facebook messenger to set up the drop-in.

**I agree to follow these rules and acknowledge that ANY VIOLATION of them may result in MTZ Fitness Corp TERMINATING MY MEMBERSHIP without refund of any monies paid.**

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|-----------------|------------|
| Date _____      | Name _____ |
| Signature _____ |            |