

## MTZ Fitness Under 18 Orientation

I will respect others in the gym.

- Each member has the same right to be here. Work together.
- Wear proper athletic attire. No street shoes, no jeans. Shirt, pants and clean athletic shoes must be worn.
- Refrain from yelling, using profanity, banging/dropping weights and making unnecessary loud noises.
- Focus on your own workout and mind your own business.
- Phones, keys and fobs can be placed in the cubby provided. No speaker phone conversations or Bluetooth speakers.
- **NO PHOTOS OR VIDEOS. RESPECT THE PRIVACY OF OTHERS.**

I will not hog/hoard machines/equipment.

- Time limit of 30 minutes on a cardio machine, 15 minutes on a strength machine if there are others in the room.
- Do not sit or rest on/congregate around equipment.
- Ask if you may "work in" and allow others the same courtesy; return seat and weight to last user's setup.
- A table and chairs have been provided to sit and talk or be on your phone.

I will pick up after myself.

- Re-rack your weights and return all other equipment to the appropriate place.
- Wipe down all equipment after use.

I understand that I am responsible for my fob and will not let anyone else use it. If my fob is lost, I will contact MTZ. (Replacement fobs are \$10)

I understand that if I want to bring someone in, I will contact MTZ to get a day pass (\$10). I understand that my guest will have to sign paperwork before they can use the facilities. If they are under 18 their parent/guardian will have to sign paperwork before they are allowed to be in the gym.

**I WILL NOT BRING IN OR ALLOW ACCESS TO ANY PERSON WHO DOES NOT HAVE AN ACTIVE MEMBERSHIP OF THEIR OWN. IF THEY DO NOT HAVE AN ACTIVE KEY FOB THEY SHOULD NOT BE IN THE GYM.**

I understand that if I bring or allow in a non-member, my membership will be terminated, and I will not be welcome in the gym. I also understand that said non-member will be subject to trespassing and theft of service charges as well.

**If there is a problem or dangerous situation, I will contact MTZ staff IMMEDIATELY in person, by phone/text (309.338.7088) or FB messenger as soon as possible.**

Date \_\_\_\_\_ Name \_\_\_\_\_

Signature \_\_\_\_\_

Parent/Guardian Name \_\_\_\_\_

Parent/Guardian Signature \_\_\_\_\_