

Coffee Street Fitness

Open 6am — 9pm Daily

RULES AND REGULATIONS

- 1. Out of respect for our neighbors living above the fitness center Quiet Use hours shall be in effect from 6am – 8am and 6pm – 9pm daily. Quiet Use means the TVs shall be on low volume, muted for sound or closed captioned. Personal music devices with headphones are encouraged during Quiet Use hours.**
 - 2. Use of the facility is limited to paid members or paying guests. Children 9 and under not allowed in fitness center. 10 to 15 year olds must be supervised by a parent or adult guardian (18 years old or older). Members and guests 16 years of age and older must sign-in every time the facility is used.**
 - 3. All members or guests must sign the Waiver and Release before using the center.**
 - 4. All members or guests must sign the Rules and Regulations form before using the center.**
 - 5. New members must fill out the “Membership” use and payment form and deposit it into the deposit slot – located in the lobby - BEFORE WORKING OUT.**
 - 6. Guests must fill out the “Guest” use and payment form and deposit it into the deposit slot – located in the lobby - BEFORE WORKING OUT.**
 - 7. Members and Guests are not allowed to bring friends or guests into the fitness center that are not a member of the fitness center. Failure to comply with this rule will result in loss of members fitness center privileges and paid membership fees.**
 - 8. Members and Guests must respect all staff, other fitness center users, facilities and equipment.**
 - 9. No animals allowed unless assisting a person with a disability.**
 - 10. Food/Beverages are not allowed in the Fitness Center. Plain water in plastic container is acceptable.**
 - 11. The Fitness Center is not responsible for lost or stolen personal belongings.**
 - 12. Appropriate attire must be worn at all times (shirt, sweats, tights, shorts, athletic shoes – NO STREET SHOES ARE ALLOWED WITHIN THE FITNESS CENTER & DANCE STUDIO).**
 - 13. Members and guests are to place all equipment back to its original storage space after use.**
 - 14. Members and guests are to wipe down equipment after use.**
 - 15. Members and guests are required to pick up after themselves, discard trash, and remove personal items.**
 - 16. Aerobic equipment will have a 30 minute limit during heavy use periods.**
 - 17. Members and guests are required to report accidents, damaged equipment or unsafe facility conditions immediately to the owner, Sandy Tammel @ 507-272-3731.**
 - 18. IN THE CASE OF AN EMERGENCY, CALL 911.**
 - 19. Do NOT slam weight stacks or drop free weights.**
 - 20. Any rule or safety behavior not stated is left to the judgment of the Owners.**
- Coffee Street Fitness reserves the right to refuse service to any member or guest who violates any rule or regulation or engages in any verbal or physical abuse towards Fitness Center staff or other members. If at any time a member does not comply with these rules and regulations or with the assistant on duty, the member will be asked to leave, and/or his/her fitness center privileges will be revoked. The failure to comply with any Coffee Street Fitness rules and regulations will result in the loss of facility privileges.**

THE SUCCESS AND CONTINUANCE OF COFFEE STREET FITNESS IS DEPENDENT UPON YOUR HONEST, RESPECTFUL AND CONSIDERATE USE OF THE FACILITIES AND EQUIPMENT AS WELL AS YOUR ACTIVE PROMOTION TO NEW MEMBERS AND GUESTS.

THANK YOU!