

# XC Rules

## **SHOW GYM ETIQUETTE**

- WEIGHTS MUST BE RETURNED TO WEIGHT TREES AND RACKS.
- FITNESS EQUIPMENT MUST BE RETURNED TO STORAGE.
- WIPE DOWN MACHINES AFTER USE.

## **XCELLERATED FITNESS RULES**

- (1) ONLY XCellerated Fitness members are allowed to enter fitness areas. ALL guests must pay guest fee regardless of level of activity.
- (2) Key tag and OPA pin code is for paid XC member use ONLY.
- (3) The use of alcohol, tobacco and/or drug use WILL NOT be tolerated on premises.
- (4) Athletic footwear MUST be worn when working out. Members wearing work boots, flip flops or any other non-athletic footwear will be asked to change.
- (5) Proper workout attire is required.
- (6) Disrespectful language WILL NOT be tolerated. Respect the rights of fellow members by showing appropriate behavior.
- (7) Disrupting and/or interfering with another member's workout are NOT allowed.
- (8) RESPECT other members' property. XC Fitness is NOT responsible for stolen and/or lost personal property.

## **IF ANY MEMBER VIOLATES ANY RULES LISTED ABOVE, THEY WILL BE SUBJECT TO THE FOLLOWING SEQUENTIAL ACTIONS:**

- (1) Verbal warning
- (2) Written warning – Date and Action will be filed
- (3) Membership suspension without refund
- (4) Membership revocation without refund