



Membership Rules

In order for us to help all members enjoy our facilities, we ask that everyone using the Fit-N-Wise facility adhere to the following rules and regulations:

Check In

All members will be issued a membership identification card upon enrolling. Please bring this card with you. We will keep your card at the front desk while you are using the facility in exchange for a locker key (if needed). We will return your membership card to you as you leave (please bring your locker key back to the front desk). There will be a \$5 fee for new membership cards.

Guest Policy

Members will receive 2 guest passes. Members must accompany the guest while in the Fit-N-Wise facility. Guests must sign a waiver prior to each workout. Additional guest passes are available for purchase.

One day gym pass	\$10
One week pass	\$25
Two week pass	\$45

Land and Water classes \$6 per class

Dress Code

No street clothes worn in workout areas

Full length or bike length tights are allowed

No shirts with inappropriate slogans or advertising

All shoes should be athletic with a bottom sole

No cleat or hard-bottom shoes in workout areas

No black-soled shoes on aerobic studio floor

No flip-flops, sandals, open-toed shoes or cowboy boots allowed in workout areas

Women

No thong leotards in workout areas or Fit-N-Wise facility

Sports bras and fitted tank tops are allowed as long as midriff is covered

No cut off jeans or bikinis in workout area or pool

Men

Tank tops are allowed; no cut off or ripped shirts

No cut off jeans in workout area or pool

If the fit-N-Wise staff feels your clothing is unsuitable or indecent, you may be asked to change or leave the facility for that day.

Please do not bring items of value. Fit-N-Wise is not responsible for lost or stolen property.