



# BETTER BODIES

In order to ensure that valuable member space is available at all times, the following policy on guests are provided to you, our valued member. For more information regarding our guest policy, please contact your membership advisor at any time. You can also visit our website at [www.betterbodiesnky.com](http://www.betterbodiesnky.com)

- All guests must be 18 years of age, and a first-time visitor, to gain access without being subjected to the guest fee.
- All guests must fully complete the guest registry log which includes name, phone number, and e-mail address.

### **Guest Fee Structure:**

- \$10 per visit – Immediate children accompanied by members under 14 years of age. (No access to the 2<sup>nd</sup> floor if under the age of 14.)
- \$10 per visit – Out of town guests with out of state ID

**2230 Grandview Drive  
Ft. Mitchell, KY 41017  
Phone: 859-344-9995  
Fax: 859-344-1045**

## **Facility Rules and Policies:**



BETTER BODIES

BETTERBODIESNKY.COM

Dear Member,

Welcome to Better Bodies Fitness Center! Better Bodies offers a facility designed to meet your recreation and fitness needs. We look forward to serving you!

This packet is being provided to you to inform you of all the privileges and responsibilities of your membership. We hope that by providing you with this information everyone can better enjoy this facility. Please take the time to read this packet in its entirety. Better Bodies Fitness Center wishes to provide you with the most for your exercise dollar.

As a unique facility, it is not possible to anticipate every question and circumstance we will be faced with during our operation. As such, all of the information provided herein is subject to change, without notice. The decision and interpretation of management is final.

### **General:**

Supervision of Your Children: Children 9 years of age and under must be supervised by an adult, in an organized program or in the child care room. They may not be in the building unsupervised. Children under the age of 14 are not permitted in the fitness area at any time. Children between the ages of 14 and 17 must go through the Junior Fitness orientation program before allowed in the fitness area. Children can only enter locker rooms of their proper gender.

Locker Usage: Daily use lockers are available to all members. All contents must be removed upon leaving the club. These lockers are emptied each evening by club personnel. Lockers are available on a monthly basis for those wishing to leave their things at the club. Better Bodies is not responsible or liable for articles lost, damaged, or stolen.

Towels: Shower and workout towels are available free of charge to members.

Kid's Club: Better Bodies provides child care service for the convenience of our members. We ask that you only bring in your children, and remain inside Better Bodies when your child is in Kid's Club. There is no charge for this service if the child is walking age or older. If you have an infant/child not walking you will need to make a reservation prior to coming to the club to ensure your child's safety. Please limit your visit to no more than 2 hours for children and 1.5 hours for infants. Ages are 8 weeks to 9 years. Hours are 9AM-1PM & 4:30PM-8PM Monday through Friday, and 9AM-1PM Saturday and Sunday. For additional policies, please see the Kid's Club Guidelines.

Training and/or Teaching: Only Better Bodies employees, agents, staff, or prior approved individuals may give lessons, instructions, or any other personal training. Services are not available for refund as long as that service is provided by the club. In the event of termination of your membership, you may still use the visits as a non-member with payment of the facility guest fee.

### **Days and Hours of Operation:**

Better Bodies will be open year-round with the exception of certain holidays and/or other events. Better Bodies, or any portion of the club, may be closed up to 5 days a year for general maintenance or improvement of the facility. The club, or any portion thereof, may be closed certain days during the year for athletic events such as volleyball and/or basketball, or other special events.

Better Bodies reserves the right to schedule tournaments, exhibitions, parties, programs, rentals, leagues, and other events. Members may not be able to use all or part of the facility prior to and/or during these times. Better Bodies will use its best efforts to notify Members of any such limitation of use as far in advance as is possible.

Volleyball and Basketball programs, as well as Summer Camps and leagues, will be using portions of the gymnasium during parts of the year.

Hours: Hours for the different activities in the facility will vary from season to season. Hours for the different areas of the facility will be available at the front desk in the form of a handout. ALL HOURS ARE SUBJECT TO CHANGE. Hours may be altered due to weather or advisories. PLEASE CHECK WITH THE FRONT DESK ON A REGULAR BASIS REGARDING HOURS OF OPERATION.

#### **Holiday Hours:**

**Thanksgiving Eve | 5:30AM – 10:00PM**

**Thanksgiving Day | 8:00AM – 1:00PM**

**Christmas Eve | 5:30AM – 3:00PM**

**Christmas Day | CLOSED**

**New Year's Eve | 5:30AM – 3:00PM**

**New Year's Day | 8:00AM – 1:00PM**

**Easter | CLOSED**

**Memorial Day | 8:00AM – 1:00PM**

**4<sup>th</sup> of July | 8:00AM – 1:00PM**

**Labor Day | 8:00AM – 1:00PM**

### **Membership:**

To use the facilities of Better Bodies, you must be a member, a guest, or a participant in a program or an event of the facility. Upon payment of the required fee, membership cards will be issued to each member, and must be used to gain access, reserve courts or pool time when permitted, use equipment, or any other time required by Better Bodies. There will be a \$2.00 fee to replace a lost or stolen card.

The obligation to pay the membership fee is not dependent upon the availability of the facility. There will be times when the use of the facility is unavailable to members. Dues will not be prorated or reduced due to such unavailability. The membership fee is set with the knowledge that the facility will be subject to such time of unavailability.

### **Types of Memberships:**

**Family** | for purposes of membership, a family is defined as a mother and/or father (if both, they must reside together) and their unmarried children under the age of 18 who reside with them; and/or unmarried children under the age of 23 who are full-time students who reside with them.

*Adult* – any individual 18 years of age or older

*Junior* – any individual 17 years of age and under, who is not on a family membership. Junior Membership will not be granted to an individual 14 years of age or under unless Accompanied by an adult membership.

\* Members and guests 9 years of age and under must be supervised by an adult or guardian (age 18 or over) while using the facility, unless they are participating in a supervised program.

### **Transferability:**

Membership in Better Bodies is transferable. Better Bodies reserves the right to suspend or terminate any membership at any time for failure of any member to comply with the rules and regulations, or any conduct determined to be improper or detrimental to Better Bodies or its members.

### **Conduct:**

Members shall conduct themselves and their activities at Better Bodies so as to assist management in maintaining the appearance, usefulness, and efficiency of the facility. Food and drink are to be kept in designated areas only. Members who abuse the facility or conduct themselves in an unacceptable manner (examples include but are not limited to; using profanity, berating employees or other members, fighting, etc.) are subject to the discipline decided by management which may include suspension or termination of membership without a refund.

### **Dress Codes:**

Each area of the facility may be subject to different dress codes. Each area's dress requirement will be set out in the rules for that area. In general, closed toe gym shoes, shorts, and shirts are required everywhere. Members shall be respectful of the safety and comfort of others. Shirts must be worn at all times while in the fitness center.

### **Fitness Center:**

The following guidelines are to help provide members with a safe, efficient workout environment. Better Bodies has the final decision in any questions or concerns regarding the fitness area and its use. Any exercise program shall be undertaken at the sole risk of the member. A physician should be consulted before any exercise program is started.

Any member using the fitness area shall follow the outlined rules below:

1. No one 17 years of age or under is permitted in the fitness area until they have been through the Junior Fitness orientation program.
2. No children under the age of 14 are permitted in the fitness area for any reason.
3. No food or drink is permitted in the fitness area.
4. Only members, and those receiving permission from Better Bodies, may use the fitness equipment.
5. Each member using the equipment shall carry a towel to wipe off each machine after use.
6. Safety clips shall be used on any machine having such clip.
7. Railings are to be used for balance only and not support.
8. Do not exit a cardio machine until it has come to a complete stop.
9. No more than 1 set shall be performed on a machine when someone is waiting.
10. Machine "hopping" is prohibited when people are waiting.
11. New Member Integration Programs: Better Bodies offers the opportunity for members to get a Healthy Start with a fitness specialist, available by appointment. Personal Training packages are also available.
12. Only Better Bodies employees, agents, staff, or prior approved individuals may give lessons, instructions, or any other personal training.
13. Members should not use the equipment or facility beyond their physical condition and ability.
14. Proper clothing shall be worn at all times. Shirt and proper shoes (no sandals) are required.

### **Court Areas:**

In order to provide the best use to the most members, the following rules shall be observed when using the court areas:

1. Gyms shoes are required to be worn. Street shoes and sandals are prohibited.
2. Events or training will be scheduled, which may limit member's court use. A schedule will be posted and should be consulted.
3. No drinking or abuse of the gym and/or equipment will be tolerated and may result in removal from the facility or revocation of membership.
4. Actions inappropriate to the family atmosphere promoted by Better Bodies (Ex. Profanity, fighting, abuse of referee or other participant, etc.) will not be tolerated and may result in removal from the facility or revocation of membership.
5. No kicking balls, tossing footballs, tossing baseballs, or any other hard objects are permitted.
6. For the convenience of our members, Better Bodies has basketballs at the front desk. To check out a ball, you must leave your membership card, driver's license, or keys with the front desk attendant.
7. Members 9 years of age and under cannot check out a ball or play in the court area unless they are supervised by an adult or in a supervised program.

### **Locker Rooms:**

1. Individuals must use either the Men's or Women's Locker Rooms.
2. Adults may NOT bring opposite sex children into the Men's or Women's Locker Rooms.
3. The club is not responsible for any damage to suits or clothing.
4. No food or drink is permitted in the locker rooms.

### **Sauna Room Use:**

1. Individuals under the age of 17 are not permitted to use this amenity.
2. For health reasons, shower before entering.
3. Please wear a swimsuit or towel when using these areas.
4. Individuals with medical conditions should consult their physician before using.
5. Use should not exceed 10-15 minutes.
6. Leave room at once if dizziness, nausea, hot or cold flashes, or headache develops.
7. Exercising in the sauna is prohibited.

### **Locker Use & Rental:**

1. Both ½ and full lockers are available for daily use.
2. Belongings may not be left in lockers overnight unless you have a rented locker located on the fitness floor.
3. Contents of daily lockers are removed each evening in the locker rooms.
4. The club is not responsible for valuables, clothing, etc. or anything that is in the lockers.
5. Lockers on the fitness floor can be rented for \$10 per month. Please see Front Desk or your Membership Representative to rent a locker.

### **Towel Service:**

1. 1 Shower towel per person. Towels must be placed in towel bins when finished.
2. 1 Workout towel per person. Please place used workout towel in towel bin before exiting the fitness center.

### **Program Rules & Policies:**

Please refer to the rules and policies sheet provided for each program offered by Better Bodies Fitness Center.

### **Summary:**

The intent of the management of Better Bodies is to create a family-oriented facility to be enjoyed by everyone. The rules set out herein are the guidelines to achieve such a facility. All of the rules and regulations set out herein are subject to change with or without notice. Other rules or regulations will be posted within the facility.

Please refer to the back of your membership agreement for more detailed instructions and conditions.

Addendums will be made to this manual. Better Bodies will update the master copy that will be available at the front desk. This information will also be available online at [www.betterbodiesnky.com](http://www.betterbodiesnky.com). It will be the responsibility of every member to look for addendums.

**THANK YOU AND WELCOME TO BETTER BODIES FITNESS CENTER!**

## **Better Bodies Kid's Club Guidelines:**

Welcome to Better Bodies Kid's Club. It's our goal to provide a safe and stimulating environment for your child. We appreciate the opportunity to care for your child...enjoy your workout! As always, please be courteous of others.

1. Kid's Club is available to all Better Bodies members **FREE** for a max of **2 hours** per day.
2. We ask that you **remain inside Better Bodies** when your child is in Kid's Club.
3. **Reservations are required for infants.** There is a \$3.00 daily charge for infants, or a monthly rate if interested.
4. We ask that parents abide by our sick child policies. Children who exhibit symptoms described in our Kid's Club exclusion policy will be asked to leave. The Exclusion of Sick Children policy is located on the back of this form. If a child does not go to school due to illness, they will not be allowed in Kid's Club.
5. Better Bodies reserves the right to remove or suspend children perceived as an endangerment to themselves or others.
6. Better Bodies provides a secure environment for our member's children; therefore, **parents are only allowed in Kid's Club for a period of 5 minutes with their child.**
7. Better Bodies reserves the right to limit usage of designated play spaces.
8. Time-out will be used to address behavioral problems for children older than 2 years. Redirection will be used for children younger than 2 years.
9. The same parent, with a specific wristband provided by Kid's Club, must drop off and pick up their child to ensure safety.
10. For your convenience, parents **are not** responsible for changing diapers.
11. No food, candy, or gum is allowed in Kid's Club.
12. Pacifiers and comfort items such as blankets and stuffed animals **are permitted**, and must be labeled.
13. Toys from home are **not allowed** in Kid's Club.
14. Bottles are permitted, but must be used under supervision. Sippy cups, with **water only**, are permitted. **No juice. Bottles must be pre-mixed; we will not mix bottles.**
15. Bottles, bags, and cups must be labeled with the child's first and last name.
16. Parents will be paged if a child can not be comforted from crying after 5 minutes.
17. Better Bodies is not responsible for lost or stolen items.
18. Better Bodies reserves the right to suspend Kid's Club privileges from anyone who consistently neglects the above listed guidelines.

**Kid's Club Ages:** 8 Weeks – 9 Years

**Kid's Club Hours:** Monday – Friday | 9:00AM – 1:00PM & 4:30PM – 8:00PM  
Saturday & Sunday | 9:00AM – 1:00PM



## **Kid's Club Exclusion of Sick Children Policy:**

A child with any of the following conditions or behaviors is a sick child and must be excluded from Kid's Club. If the child becomes sick while in Kid's Club, the child must be isolated from the other children and removed from Kid's Club immediately. Parents, please understand that we are watching out for all of our children, and to not be offended if we ask you to remove your child.

- With a reportable illness or condition that physician determines has not had sufficient treatment to reduce risk to others.
- With Chicken Pox, until the child is no longer infectious and until the lesions are crusted over.
- Who has vomited within the last 24 hours.
- Who has abnormally loose stools within the previous 24 hours. Must have not had a loose stool within the last 24 hours.
- Who has had contagious Conjunctivitis (Pink Eye) or pus draining from the eye.
- Who has had a bacterial infection such as strep throat or Impetigo, and has not completed 24 hours of antimicrobial therapy.
- Who has unexplained lethargy.
- Who has lice, ringworm, or scabies that is untreated and contagious to others.
- Who has a 99 degree Fahrenheit axially or higher temperature.
- Who has an undiagnosed rash or a rash attributable to a contagious illness or condition.
- Who has significant respiratory distress (a bad cough).
- Who is not able to participate in Kid's Club activities within reasonable comfort.
- Who requires more care than the program staff can provide without compromising the health and safety of the other children in care.
- Profusely runny noses with either green or clear mucus. If we have to wipe your child's nose more than 3 times, you will be paged to remove your child.

If your child exhibits any of these symptoms, please keep them at home. We here at Better Bodies Kid's Club do our job to clean our toys every day, but we need to have cooperation from you as a parent to keep Kid's Club as sanitary as we possibly can.

Thank you,

Your Kid's Club Staff

Please feel free to contact the Kid's Club staff with any questions or concerns. We can be reached at 859-344-9995. We would love to hear from you!