

BAYLORWORX REHABILITATION & FITNESS CENTER

BaylorWorx - Rules of Participation

1. **Membership cards are required before working out. For safety and security reasons it is required that your card be left at the front desk prior to utilizing the center. Guests MUST register at front desk.**
2. **A guest pass is \$10.00 per visit for non-members and \$7.00 for members. No outside personal training allowed. All personal training requests can be made at the registration desk.**
3. **Profanity, abusive language and/or inappropriate behavior that are disruptive will not be tolerated.**
4. **SHOWER required prior to entering the pool and/or hot tubs. Failure to comply warrants immediate termination of membership. For the safety of all our guests, please do not use the pool and / or hot tubs if you have bowel or bladder incontinence.**
5. **Absolutely NO health or beauty products (baby lotion, bubble bath, etc.) are to be used in the pool or hot tub.**
6. **Proper swimming attire is required when using pool, hot tubs and saunas. Bathing Suits MUST be worn. Members must comply with the dress code.**
7. **Proper shoes must be worn with rubber soles and closed toes. Members must comply with the dress code.**
8. **Absolutely no liquids allowed on electrically powered equipment.**
9. **Physical Therapy, Work Hardening, and Cardio-Pulmonary patients retain first rights to all equipment.**
10. **Children under the age of sixteen (16) are not eligible to participate in group exercise or aquatic exercise classes. No unaccompanied children are allowed in the facility-including the waiting area.**
11. **Members are responsible for personal belongings. Locks may be placed on the lockers during your workout time ONLY. Do not leave lock on lockers overnight.**
12. **Please do not dominate 1 or more pieces of equipment. Fitness floor etiquette is appreciated. Replace all plate weights, wipe down all equipment, including cardio, with handy wipes provided after your use.**
13. **Please refrain from excessive talking during the aerobic class instructions.**
14. **Handguns, firearms or weapons of any kind are not allowed on the premises.**
15. **BaylorWorx reserves the right to revoke or refuse membership privileges.**
16. **Management has the right to change and alter the rules and regulations as needed.**
17. **Membership dues, enrollment fees and program fees are due by the 10th of the mo. & subject to change.**
18. **Absolutely no food or drinks allowed in the gym area, pool area, locker rooms or exercise classes.**
19. **No outside Personal Trainers allowed - ONLY employees of Baylor Health Care Systems.**

I have read and understand the BaylorWorx rules of participation.

♥ Name (Please Print)

♥ Signature and Date

Revised 11/23/2010