



Lifetime Health & Fitness, inc. is a private club for members only. We have written the club rules to include regulations imposed upon us by the state of Wyoming, the city of Casper and the Natrona County Health Department. Lifetime believes in and promotes individual rights; and makes every effort to accommodate any and all people wishing to use these facilities. However, Lifetime reserves the right to deny membership or temporary use of these facilities to any patron.

## HOURS OF OPERATION:

Winter - September 1 ~ April 30		Summer - May 1 ~ August 31	
<i>Monday - Thursday</i>	5:00 a.m. – 9:30 p.m.	<i>Monday - Thursday</i>	5:00 a.m. – 9:00 p.m.
<i>Friday</i>	5:00 a.m. – 8:30 p.m.	<i>Friday</i>	5:00 a.m. – 8:00 p.m.
<i>Saturday</i>	7:00 a.m. – 6:00 p.m.	<i>Saturday</i>	7:00 a.m. – 6:00 p.m.
<i>Sunday</i>	10:00 a.m.–6:00 p.m.	<i>Sunday</i>	10:00 a.m.–6:00 p.m.

## HOLIDAY HOURS: \*Any holiday hour changes, deletions or additions will be posted in the club in advance of the holiday

<u>Closed</u>	<u>Limited Hours</u>	
Easter	New Year's Eve	(Opening ~ 6:00 p.m.)
Thanksgiving	New Year's Day	(8:00 a.m. ~ 6:00 p.m.)
Fourth of July	Memorial Day	(8:00 a.m. ~ 6:00 p.m.)
Christmas	Labor Day	(8:00 a.m. ~ 6:00 p.m.)
	Christmas Eve	(Regular opening – Noon)

## AGE RESTRICTIONS: (Entire facility except Golf Center)

Years of Age

**0 - 6**

The member is only allowed to use the locker room and pools, and only if directly supervised by a responsible person at least 18 years of age. Children 5 and older cannot use the opposite sex locker room. Between the two pools is a family restroom and shower facility. Infants, by health codes, cannot use spas, steamers or saunas.

**7 - 10**

The member is only allowed to use the locker room, pools, running track, basketball court and racquetball courts, and only if directly supervised by a responsible person at least 18 years of age. Racquetball courts cannot be used during the prime hours of 11:00 to 1:00 and 5:00 to close, MTWThF. Attendance to Aerobic classes is permitted with prior permission of instructor.

**11 - 13**

The member is allowed full club usage, only if directly supervised by a responsible person at least 18 years of age.

**14+**

The member is allowed full club usage, no supervision required.

## GOLF CENTER – Age Restrictions

**0 - 6**

The member is not allowed anywhere in the Golf Center.

**7 - 13**

The member must be accompanied by a parent or legal guardian

**Rule breaking, disorderly conduct, abusive behavior or inappropriate language by members or guests will not be tolerated. Disciplinary action can range from warnings to expulsion from the club and possible cancellation of memberships for members and their family.**

## MEMBERSHIPS:

### ⇒ Single Membership

An individual 18 years of age or older.

### ⇒ Couple Membership

Two people **regularly sharing a household unit** and living in a spousal arrangement; or a parent and child (natural or adopted) sharing a household unit. The primary member must be 18 years of age or older. Adult siblings, or cousins living together must have separate memberships.

### ⇒ Family Membership

Three or more people **regularly sharing a household unit** and **directly** related by blood, marriage, or adoption; and living in a spousal arrangement. The primary member must be 18 years of age or older.

- Any member's child who has reached the age of 24 years, must purchase their own membership.
- Any primary member who has reached the age of 65 qualifies for a discount on membership dues.
- LifeTime reserves the right to cancel any member who allows his/her key tag to be used by another person to gain access to the club.
- Any person who has not signed a waiver, paid the proper fees (guest or member) are deemed trespassing and will be turned over to the proper authorities and membership privileges may be revoked.

### ⇒ Snowbird Membership

Provides a single, couple, or family membership a freeze option for up to six months from October to April.

### ⇒ Corporate Membership

A corporate membership must have a minimum of ten employee memberships. Check with management as to the availability of corporate memberships.

Cancellation Policy – Membership may not be canceled in the first 12 months of the membership agreement regardless of the level of use of the Club by a member, except as provided by the relocation, member disability, or payment of the cancellation fee. Each are described in detail below:

Member Relocation – Policy provides cancellation of the twelve month agreement if the member is relocating to a permanent residence more than 25 miles from LifeTime Health & Fitness Center. All dues and fees owed to the club must be current before the cancellation can be completed. The cancellation must be in writing with a 28-day notice.

Member Disability – Policy provides cancellation of the twelve-month membership agreement if a member should die or is so ordered by a physician. A physician's note will be requested to verify permanent disability. Any changes must be in writing and a 28-day notice is required.

Cancellation Fee – A \$100 cancellation fee will be assessed when a 12 month membership contract is not fulfilled.

Change of Membership Status – Can be requested by contacting the Front Desk or the Business Office. The primary member can add or delete members from their membership. A \$10 processing fee is charged to add new members. The primary member is then charged the corresponding monthly dues.

Guest Privileges – Guests fees are established by management and may change from time to time. Guests must come with a member or be Sponsored by a member. Sponsoring a guest makes the member responsible for the guest's actions. Guests residing within 25 miles of Lifetime can use the facility once a year. Sponsorship forms can be filled out at the front desk. ***No guest under the age of 18 is allowed club usage without parental/guardian signature on the Underage Guest Waiver.***

Lost and Found – LifeTime is not responsible for lost or stolen items. Please check with front desk.

Membership Key Tag Replacement – Lost or damaged key tags will be replaced at no cost.

Fees – Lifetime reserves the right to adjust membership dues, enrollment fees, guest fees and all other fees. All outstanding contracts with memberships will be honored. Members will be given 30-day advance notice of any increase to membership dues.

## CLUB RULES

### General Rules (APPLY TO ALL AREAS OF LIFETIME)

- A shirt (top), shorts or pants, and tennis shoes must be worn at all times.
- **Non-marking soled shoes** must be worn at all times during usage of racquetball courts, basketball court, running track and aerobics studio. No street shoes allowed.
- No swearing, grunting, or screaming in the fitness center or in any area of the club.
- No disorderly conduct, abusive behavior, or use of inappropriate language.
- Please clean your perspiration off each piece of equipment after use. Spray towel, not equipment.
- Please pick-up and put away all equipment and weights when you are finished.
- Allow other members to utilize the same piece of equipment you are using when between sets.
- Prior permission is needed before bringing personal equipment or devices into LifeTime for use in any part of the club, i.e.; flotation devices, toys, boom boxes, etc.
- No food or drink items (except plastic bottled beverages with replaceable caps) beyond the front desk / lobby.
- Anyone under the influence of alcohol or drugs will be asked to leave via a police escort.
- Please do not wear perfume or body lotion that dominates the aroma of the room.
- Cigarette smoking, alcohol usage and tobacco chewing are not permitted in the club or on club grounds.
- Damage to club property shall be paid for by any member who willfully or neglectfully causes such damage. Primary members are responsible for damage caused by their children or guests.

### Locker Rooms

- Reserved lockers are rented by the month for a fee. Check at the front desk for info.
- Daily use lockers are free to members. If you use a lock, please remove it at the end of your workout. Club policy is to remove any remaining locks at night and place items in plastic bags. After 1 week the bags are given to charity or disposed of in the trash.
- Children 5 years and older cannot use the opposite sex locker room.
- Children 0-13 years must be supervised & under control by a responsible person at least 18 years of age.
- No food, pop, coffee or glass containers allowed period!
- No horseplay, hiding in lockers, running or making a mess will be tolerated.
- When finished, please close your locker door and place your towels in the towel drop near the front desk.
- No shampoo or soap or any foreign substances in the Jacuzzi or saunas.
- Only water in small amounts is allowed on the sauna rocks.
- Hair shaving is only allowed in the shower and sink areas. Please clean up after yourself! Do not leave your razors laying around!
- No hair dye allowed anywhere in LifeTime

### Women's Only Area

- This area is OFF-LIMITS to male members with the exception of LifeTime staff when necessary.

### Aquatics Center – (To include Jacuzzis, Steam Rooms and Wet & Dry Saunas)

- Swimmers under the age of 14 **MUST** have adult (18+ years) supervision at all times.
- Showers **MUST** be taken before entering the pools, spas, saunas and steamers.
- No horseplay or toys in LAP POOL. This pool is designated only for swimming or walking.
- Do **NOT** stand or jump on lane ropes! Do **NOT** climb over, swim under them.
- Kickboards, noodles and hydro-fit hand bells may be used at open times, but must be put away after use.
- Gum, Band-Aids, and any loose items should be disposed of before entering the pool.
- Multi-Purpose Pool is closed to recreational swimming when a scheduled activity is in session. Make sure to refer to schedule before entering pool.
- No open wounds allowed in pools, saunas, or spas.
- Children under 3 are **required** to wear plastic swim pants that fit snugly at the waist and legs.
- The Aquatics Center, which includes all pools, Jacuzzis, steam rooms, and wet and dry saunas, closes 15 minutes prior to closing of the club.

### Fitness Centers (Cardio, Resistance and Free Weight Areas)

- Please remove plates from the equipment when you are done lifting.
- Return and rack weights when finished.
- Allow others to “work in” and take turns.
- Don’t monopolize equipment.
- Don’t drop the weights on the floor.
- Let weights down in a controlled manner, avoid letting equipment slam against each other.
- Please limit your use of the cardio area to 30 minutes when others are waiting for equipment.

### Golf Center Rules

- No metal spikes.
- Only putters allowed on the putting green.
- No person allowed beyond the tee boxes into the driving range.
- No swinging clubs outside the tee boxes. **DO NOT SWING OVER THE CARPET.**
- No food or beverages without replaceable lids.
- Any misconduct will not be tolerated and disciplinary action can range from warnings to expulsion from the club and cancellation of memberships.
- Golf at your own risk.

### Aerobic Studios (Studio I, YOGA Studio, and Cycle Studio)

- When a class is scheduled in an Aerobic Studio, that area is reserved for the sole purpose of conducting that class. Therefore, that Aerobic Studio is not available at that time for individualized member activity.
- Aerobic Studio usage outside of organized classes is permitted. All equipment must be wiped down and properly stored after use.
- No street shoes, tap shoes or shoes that can damage the floor.
- Stereos for LifeTime use only.
- Permission **ONLY** by LifeTime staff for use of Cycle Room when classes are not in session.

### Running Track

- Inside lane is reserved for walkers and the two outside lanes are recommended for runners.
- If using one of the two outside lanes as walking lanes, please give runners right of way when track is in multi-use.
- Use caution when walking or running against the flow of other members on the track. If need be, reverse direction and move with the majority to avoid accidents.

### Racquetball Courts

- Eye protection is mandatory for all members.
- Ask for help when moving walls. Doors must be closed while moving walls.
- **NO** black marking shoes!

### Basketball Court

- No heavy free-weights allowed at any time on Basketball Court.
- No aggressive behavior or horseplay allowed on Basketball Court.
- Court is reserved during LifeTime classes using it. Permission from the instructor is needed to use the court during a class.