

Club Policies and Membership Guidelines

Merritt reserves right to change or modify these rules as deemed necessary. Please check website for most current documents.

Merritt Clubs adopts rules for the use of the Club facilities for the health, safety, and comfort of all members and guests. Below are the Club Rules currently in effect. These rules may change from time to time as warranted. If you have questions about any of these, please see a manager.

Photography and Video

Members may use their mobile devices on the gym floor in order to photograph or take video of themselves. This privilege may be revoked at any time and for any reason at the sole discretion of Merritt Clubs. The use of professional equipment like tripods and lighting poses a liability risk and is not permitted when filming. Please be aware of other members in the background and do not film when other members are visible.

Physical Health and Safety

Do not engage in any activity, program, activity or training unless you are physically able to do so. Merritt Clubs recommends that you see a physician before beginning any new exercise program to be sure you are able to safely do so. You are responsible for your physical safety and all activities at the club are solely at your own risk.

Health & Safety Regulations

By checking into the club, you agree to the following:

1. You have not had any of the following symptoms in the past 48 hours:
Fever, cough, shortness of breath, chills, headache, sore throat, loss of taste or smell, repeated shaking with chills, or any other COVID symptoms listed on the CDC website.
2. To thoroughly wipe down equipment before and after use.
3. To wash or sanitize your hands upon entering and exiting the club.
4. No vaping or smoking is prohibited.
5. Opposite sex children under the age of 3 are not permitted in the locker rooms. Family changing rooms are available.

Personal Property. You are solely responsible for your personal property and belongings. The Clubs are not responsible for any lost or stolen property. Please properly secure and put all belongings in your vehicle out of sight.

Proper Clothing and Hygiene

- Appropriate athletic shoes only. No street shoes, boots, sandals, or open-toed shoes are allowed in the fitness areas. No bare foot training.
- Shorts, sweat pants, tee shirts, tank tops, and spandex accessories may be worn if deemed appropriate by club management.
- Clean workout clothing is required. Management will address unsatisfactory hygiene conditions and corrective action may be required.
- All other clothing and shoes must be kept in lockers. Please keep all valuables at home. We are not responsible for any lost or stolen items.
- Please avoid the use of heavy perfume or cologne.
- No belt buckles, blue jeans, or loose jewelry may be worn in the workout area.

www.merrittclubs.com



Club Policies and Membership Guidelines

Equipment and Cardiovascular Areas

- Please be courteous at all times and limit time when others are waiting to use equipment.
- Allow others to work in during your rest periods. **Do not sit on equipment or use cell phones while others are waiting.**
- Keep hands and feet away from all moving parts and weight stacks.
- Do not attempt to repair or adjust any equipment that has malfunctioned. Report these problems to the Welcome Desk or fitness staff.
- Report any equipment problem immediately to the staff.
- No bags will be allowed on gym floors during any times.
- Please do not drop or bang weights during use.
- Use gym wipes to wipe off equipment and benches before and after each use.
- If you are unfamiliar with the use of any equipment, please ask a staff member for assistance.
- Children under the age of 13 are not allowed in any of the weight or cardiovascular areas until they have completed the Junior Fitness certification. Junior Fitness bands must be wore and visible at all times.
- Please be respectful of our clubs and your fellow members and guests.

Weight room areas

- **Again, be courteous at all times. Allow others to work in during rest periods. Do not rest on equipment or use cell phones during use.**
- Rack and clean all weights after each use.
- No bags are allowed on the weight room floors. No bare feet on the weight room floors. Closed toed shoes are necessary in all weight and fitness spaces.
- If dumbbells appear loose or cracked, report the item to the staff immediately.
- Always use a spotter when attempting maximum weight.
- Collars and clips recommended for free bar lifting.
- Wipe down equipment before and after each use with wipes provided in club.
- Please do not drop weights. (If you are able to properly lift them, you are able to properly put them down.) **Damage of property will be at the expense of the member.**
- **Do not play music outloud or have public phone conversations.**

Food and drink in the club

- Water bottles with spill-proof lids are allowed in all areas of the club.
- Please consume all food items, shakes, and supplements at the juice bar.
- No outside food or beverages (alcoholic or non-alcoholic) are allowed in clubs or pools at any time. Doing so may result in suspension and/or termination of membership. All applicable remaining membership fees will be due upon your termination.
- **Merritt Clubs reserves the right to inspect bags or bottles if suspected of outside food or beverages.**

Pool areas

- Please shower before entering the pool, especially after other athletic activity.
- Swim diapers are permitted in the indoor rec pool only. (Towson and Eldersburg clubs only)
- Appropriate swim wear must be worn in the pool.
- Please circle-swim when other members are present in lanes.
- Note during summer, pools may be shut down momentarily to ensure safety of our members and staff members in the heat.

Club Policies and Membership Guidelines

Nondiscrimination

Merritt Clubs are nondiscriminatory facilities. There will be no discrimination in the use of the facilities or participation in the Clubs' programs or activities on the basis of race, creed, color, national origin, marital status, sexual orientation, gender identity, or disability. Merritt Clubs will not tolerate behavior by members or guests in violation of this policy.

Guest Guidelines

- First visit is free for guests accompanied by a member.
- Guests must present a valid government issued or school Photo ID to use the club and are limited to 5:00 AM to 9:00 PM (Express during Staffed hours).
- Members wishing to bring a guest may register for a guest pass. Members should go to info.merrittclubs.com/guest-pass, 24 hours in advance for a friend or relative who has not utilized the club within the last 30 days.
- All out of town guests must pay the guest fee, unless accompanied by a member (on first visit) and prior arrangements have been made.
- One day Guest Fee for Gold and Express Clubs: Adult \$25, Child and IHRSA rate \$10 prices include tax (express \$16.50). One day Guest Free for Platinum Clubs: Adult \$50
- Guests are limited to one per individual member present.
- Guests must be at least 18 years old unless accompanied by a parent/ legal guardian. **Note our Downtown club and Fort Avenue locations are 18 years of age and up only.** For children to be guest in the Kids Club they must have their parent/ legal guardian present in the club.
- Paid daily visits are limited to one time a year per guest.
- Any guest must pay the appropriate guest fee or present their guest pass and receive an introduction to club by a lifestyle consultant before using the facility.
- To improve member experience, summer weekends (Memorial Day to Labor Day) will be for members only. Guest pass will be valid Monday–Friday, excluding holidays at all clubs except for Canton and White Marsh. Canton and White Marsh guest pass will be valid Monday–Thursday, excluding holidays.

Promotional Pass Guidelines

- Not to be used with any other promotions.
- Not to be used by anyone who has had a free trial/guest or complimentary membership within the past 6 months.
- Not valid for any former members who have had a membership within the past year.
- Any guest who arrives without a pass or who wishes to use the facility will be charged the corresponding guest fee. Guest fees are limited to 1 time a year and will be refunded or applied toward membership should the guest join the club on the day of their visit.
- All guests are allowed no more than 1 paid visit in a 12 month time period.
- Not valid for anyone who has an outstanding balance owed to the club.
- Promotional pass is not valid for any former Merritt employee.

Merritt reserves right to change or modify these rules as deemed necessary. Please check website for the most current documents. Aggressive behavior toward staff or other members will not be tolerated. No cursing, racial remarks, or physical harm will be permitted and could be grounds for membership termination.

Email newshape@merrittclubs.com for questions or more information.