



DISC Membership Guidelines



The DISC asks that you please adhere to the following guidelines in the interest of safety, cleanliness, and respect of all our patrons. Failure to do so may lead to your removal from the facility.*

- No filming of any kind is permitted in the Fitness Center or H.I.I.T. Room.
- Wipe off all equipment after use. Cleaning materials are stationed in various areas around the fitness center and H.I.I.T. Room.
- Wear a shirt that covers the nipples & is no smaller than a sports bra, shorts or pants that cover the buttocks, and closed-toed shoes at all times.
- Rather than sitting on the machine/bench between sets, be aware that other patrons may want to use the machine/bench. Please get off of the machine/bench to text or make phone calls between sets.
- Return free weights to the appropriate places: dumbbells on racks, weight bars emptied, and plates returned to their racks.
- Observe the usage time limit on all cardiovascular equipment.
- Show consideration on all cardiovascular and weight machines during peak hours
- Keep equipment in the fitness center or H.I.I.T. Room at all times.
- Ask for assistance to change television channels.
- No food or drink (except bottled water) are allowed in the facility.
- No mixing of workout powders in shaker bottles in the Fitness Center or H.I.I.T. Room.
- Guard your valuables and/or bring a lock. The DISC is not responsible for lost or stolen items.
- Refrain from dropping weights in the fitness center. Use a spotter if necessary.
- Be respectful to others & mindful that the DISC is a family facility. No swearing or talking on cell phones while using machines.
- Bring personal headphones or earbuds if you want to listen to your own music. Speakers & playing other music aloud is not permitted.
- Place trash, used cleaning towels, gum, etc in the wastebaskets.
- Wipe your feet and/or wear clean shoes before using the machines, especially cardiovascular equipment.
- Leave the machines where the DISC staff has placed them.

We value your comments and suggestions in making the DISC Fitness Center & H.I.I.T. Room the very best possible. Complete a comment card with any Fitness Center, H.I.I.T. Room, or membership improvement suggestions you may have. Thank you for your patronage.

**If you're found negligent to these guidelines and are removed from the facility, we will not issue refunds*



DISC H.I.I.T. Room Guidelines



The DISC asks that you please adhere to the following guidelines in the interest of safety, cleanliness, and respect of all our patrons. Failure to do so may lead to your removal from the facility.*

- No filming of any kind is permitted in the H.I.I.T. Room.
- Wipe off all equipment after use. Cleaning materials are stationed in various areas around the H.I.I.T. Room.
- Wear a shirt that covers the nipples & is no smaller than a sports bra, shorts or pants that cover the buttocks, and closed-toed shoes at all times.
- Rather than sitting on the machine/bench between sets, be aware that other patrons may want to use the machine/bench. Please get off of the machine/bench to text or make phone calls between sets.
- Return free weights to the appropriate places: dumbbells on racks, weight bars emptied, and plates returned to their racks.
- Keep equipment in the H.I.I.T. Room at all times.
- No food or drink (except bottled water) are allowed in the facility.
- No mixing of workout powders in shaker bottles in the H.I.I.T. Room.
- Guard your valuables and/or put your items in a locker. The DISC is not responsible for lost or stolen items.
- Be respectful to others & mindful that the DISC is a family facility. No swearing or talking on cell phones while using equipment.
- Bring personal headphones or earbuds if you want to listen to your own music. Speakers & playing other music aloud is not permitted.
- Place trash, used cleaning towels, gum, etc in the wastebaskets.
- Powdered chalk is not permitted in the H.I.I.T. Room

**If you're found negligent to these guidelines and are removed from the facility, we will not issue refunds*