



OPRC Fitness Center

Rates, Hours of Operation, Rules and Regulations

Revised March, 2008

- 1. FITNESS CENTER FACILITIES AND SERVICES** The OPRC Fitness Center offers an expanding spectrum of facilities and services. Industrial Strength Fitness, Inc manages these services for OPRC.

Fitness Equipment Current Tennis members may use the exercise equipment in the Fitness Area during the posted hours of operation of the fitness center at no charge. All members and guests must complete a PAR-Q form prior to use of any fitness equipment. Guest fee policies for usage of Fitness Equipment:

- 1) Guests may use the facilities of the Fitness Center upon the invitation and accompaniment of tennis members. Members are responsible for signing in their guests and paying guest fees.
- 2) Except in the case of participation in club-sponsored tournaments as a player or spectator, a guest is limited to using the facilities of the club one day per 2 weeks (14 day period).
- 3) Guest fee rates to use Fitness Center equipment when accompanied by a member:
 - a) \$7.00 per day Monday-Friday
 - b) \$10.00 per day weekends and holidays
 - c) Guests may participate in Personal Training sessions and Group Exercise classes by paying the non-member rates (no additional guest fees).
- 4) Out-of-town guest policy and extended guest policy apply for Fitness Center usage exactly as printed in current club rules, section F.

Fitness Center Hours of Operation:

Monday-Friday 5:45am-10:00pm Saturday & Sunday 6:45am-10:00pm

Please note that the clubhouse will be locked at 10:00 PM. Please be sure you are out of the building prior to 10:00 PM.

Fitness Staff Qualified fitness professionals will be on duty during peak periods of the day in the Fitness Area to help insure that members use the Fitness Equipment safely and properly. Fitness Staff are available by appointment to help members familiarize themselves with the equipment at no additional charge. This fitness orientation includes an introduction to the proper use of all of the machines located in the fitness center. Personal training services are available for those looking for more in-depth and personalized instruction.

Group Exercise Classes Tennis members may elect to participate in paid group exercise classes using the A la carte system. Individuals can create their own class or join an on-going class on a space-available basis. Individuals wanting to create a class of 4 or more students may work with the Fitness Center staff to select the kind of class, the days/times of the classes and the session length. Classes are priced according to the number of participants. For example, for a class of four students, the cost per member for six classes is \$72; the cost per member for eight classes is \$88; the cost per member for ten classes is \$100.

The schedule of on-going group exercise classes is posted in the club newsletter, on the OPRC web site, and at various locations around the club. Class instructors and the club secretary will handle registration for classes. In the case of classes with limited registration, members will be given priority over non-members.

Personal Training A variety of personal training services are available at OPRC. All of the Industrial Strength Personal Trainers are nationally certified and highly trained to address a wide spectrum of fitness needs. Please refer to the Industrial Strength Fee Schedule for more information on the types of services offered and the cost associated with each. Trainers are available by appointment.

Massage and Other Services As massage and other service become available, the rates, hours of operation, rules and regulations will be posted at the club and mailed to members.

2. **AGE RESTRICTIONS.** Any member, 15 years of age and older, wishing to use the Fitness area should familiarize themselves with the rules, regulations and etiquette of the Fitness Center. Children 12-14 years of age must have direct and constant parental or adult supervision while in the Fitness area. Teens aged 15-18 years of age must have a signed parental consent form on file before they can use any equipment in the Fitness Center. Forms are available at the Fitness Center desk.
3. **LIABILITY FORM:** Members must sign and return the OPRC Fitness Center Liability Form prior to their first use of the OPRC Fitness Center.
4. **PAR-Q:** Prior to participation in any Fitness Center activity, members and guests must complete a Physical Activity Readiness Questionnaire (PAR-Q) and/or receive a doctor's approval in writing if they answer YES to any of the PAR-Q questions.
5. **FITNESS CENTER ETIQUETTE:** Observe posted rules and etiquette as directed by staff and demonstrate courtesy toward others in the Fitness Center at all times. Horseplay, loudness, spitting and offensive language are not acceptable. You may be expelled from the facility immediately by staff if you misuse any equipment or facilities. You may be brought before a club committee and have your club usage privileges suspended for misuse of equipment or facilities. The on-duty fitness staff has the authority over all room conduct and use of equipment, including sound system and televisions.
6. **OBSERVATION CAMERAS:** Please note that observation cameras have been installed in the Fitness Center and the Group Exercise area, as well as other areas of the OPRC clubhouse.
7. **ATTIRE:** Proper training attire, particularly shirts and athletic shoes, are required at all times. Jeans and open toed shoes (sandals) are not permitted. Clean and dry athletic shoes only. Street shoes are not allowed.
8. **EQUIPMENT USAGE:** Show respect for equipment and facility at all times. Do not drop or throw weights. Keep equipment off the floor and return it to its proper rack when lifting is completed. Break down bars after completing an exercise.
9. **SPOTTERS.** You must utilize a spotter and locks when necessary (e.g., for overhead lifts, squats, bench presses and platform lifts).
10. **INJURY:** Immediately report any facility-related injury or facility/equipment irregularity to the supervisors on duty.
11. **NOT ALLOWED IN THE FITNESS AREAS:** Tobacco, alcohol, drugs, banned substances, food, chewing gum, glass bottles and cans are not allowed in the fitness areas. Plastic water bottles are allowed.
12. **CELL PHONES:** Please do not use your cell phone in the fitness areas. If you receive a call and need to take it, please step out into the hallway.
13. **PEAK PERIOD EQUIPMENT USAGE.** Observe a 30-minute time limit on cardio equipment during peak hours (Mon-Fri 6 AM-8 AM and 5:30- 7:00 PM) or when someone is waiting.
14. **DISINFECTANTS.** Disinfectant solutions are available for your use after using equipment. Please wipe down any equipment you have used.



For more information on our Fitness Staff and great tips, go online:
Industrialstrengthfitness.com