

## **STRENGTH EMPIRE MEMPHIS LLC'S RULES**

- 1) Don't do anything stupid. Being injured isn't funny. Neither is dying.
- 2) Treat the gym and equipment like it is your own. If we (the members) cannot take care of what we currently have, we will be having to replace what we have instead of getting more (new) awesome stuff.
  - a. Clean up all of your weights after yourself, which includes: re-racking weights; putting barbells, safety rails, bands, and chains all back in their place; putting dumbbells back in their proper order; cleaning up any obscene chalk or baby powder mess.
  - b. Please do not drop or throw down the dumbbells. They don't last forever if they are continually abused.
- 3) If you are the only one in the building or the last one remaining, it is your responsibility to close and lock all doors when you leave. Please turn off the lights and/or fans as well.
  - a. This (the doors) will be a zero-tolerance policy enforced rule and is a privilege to our members having 24-hr access. One mistake in this will lead to immediate termination of the member.
- 4) No smoking in the facility.
- 5) If you are a sweat-monster, please bring a towel and try to clean up after yourself. We try to clean daily but cannot clean up after every single person.
- 6) If you use the restroom or shower facilities, please be respectful. Other members will more than likely be using the facilities after you.
  - a. Men - please lift the toilet seat if you are standing. You think this is funny, but someone else is going to have to clean up your over-spray.
  - b. Women – please use garbage can for feminine products.
  - c. Wearing shoes in the shower is always a good idea. Don't leave personal items in the shower area or they are at risk to be thrown away.
- 7) You WILL NOT Squat or Bench Press with a Deadlift Bar.
  - a. You will refer to specific barbell usage charts around the gym.
  - b. Only use the designated bar for rack pulls. Do not use the power or deadlift bars to perform rack pulls.
- 8) You may lift without a shirt on, but please keep your pants on.
  - a. If lifting without a shirt, please do not lay on a bench without a towel/shirt covering the bench.
- 9) Do not leave your personal items anywhere in the facility except your rented locker (if you chose to rent one). Items left elsewhere are at risk of being throw away. Don't say we didn't warn you.
- 10) Do not remove equipment from the facility – doing so will lead to the assumption that you are stealing from the facility and your membership will be terminated immediately.
- 11) No soliciting of fellow members for your own personal gain (meaning, you cannot approach other members of the gym and attempt to sell them your training services). You may not advertise or sell training services as if they are associated with Strength Empire Memphis.

No paid training may occur within the facility unless approved prior by Garrett (helping is fine).

- 12) You will not adjust the thermostat. If you have an issue regarding this, please contact the Strength Empire staff to address it.
  - a. Do not open the doors when the AC or heat is on.
- 13) There will be no possession, distribution, or usage of illegal drugs in or at the facility or on the premises.
- 14) You can plug your own music up to the Bluetooth speaker. Please do not blast it at top levels during business hours out of respect for our neighbors.
  - a. Please be respectful with the type of music you are playing depending upon others in the gym.
- 15) In the case of an emergency, you should contact the authorities (if needed) and then immediately contact Garrett Blatnik to notify him of the situation.
  - a. Follow the signage posted in the facility for further instruction. There is a first aid kit available, if needed.

### **STRENGTH EMPIRE MEMPHIS LLC'S POLICIES:**

- 16) No participants under the age of 13 will be allowed in the gym facility.
  - a. Participants under the age of 16 must have a parent present with them at all times.
  - b. Members under the age of 18 must have parent or guardian signature and approval for membership.
- 17) Your monthly membership rate is locked in and will never go up (as long as your membership stays in good standing).
  - a. Good standing means your membership has not been terminated at any point for any reason. If you cancel your membership, and choose to re-join at a later point, your monthly dues will then be at the advertised rate.
- 18) There are no refunds on membership dues paid for any reason.
- 19) Your account will be automatically billed monthly for membership dues.
- 20) To cancel membership:
  - a. Fill out the membership cancellation request form on our website. Once you have submitted the form, a staff member will contact you directly to complete the cancellation of your membership. (Your membership is not cancelled until someone has contacted you directly to confirm)
  - b. A 7-day notice BEFORE your next auto-draft payment of your monthly dues is required. If you wish to cancel and it is within 7 days of your next month's payment being due, you will be required to pay the next month's dues.
  - c. Please return your key fob (pretty please).
- 21) To pause membership:
  - a. A member may choose to pause their membership temporarily. We allow paused memberships for up to 3 consecutive months at a time. (If you wish to pause for

longer than 3 consecutive months, you will be required to cancel your membership and re-join at your convenience).

- b. Fill out the membership cancellation request form on our website. A staff member will then contact you to pause your membership. (Your membership is not paused until someone has contacted you direct to confirm)
  - c. The same 7-day notice is required as when cancelling memberships (see item 20b).
  - d. When your membership is reinstated after the pause, it will resume at the same monthly rate as before.
- 22) In the event of a failed membership payment, you will have 5 days to resolve the issue with us. After 5 days, your key fob will be deactivated and a \$10 fee will be incurred (along with your overdue monthly membership fee) to reactivate your membership.
- 23) Referral program details:
- a. If any member/potential member that refers a new member, they are both eligible for the referral program discount. Both will receive half-off one month's membership dues. This discount will be automatically applied to their next upcoming payment.
  - b. This program does not apply to drop-in visits. Both people need to be joining as members of the gym.
  - c. An existing member may take advantage of this discount as many times as they like, so long as they are bringing a new member to sign up for the gym. No relation to the new member is required.
  - d. Both parties are required to inform the staff that they are wanting to take advantage of the referral program. Failure to do so may result in no discount given.
  - e. This does not apply if someone has been a member in the past, cancelled, and is wishing to re-join the gym.
- 24) Discounts: military (active or veteran), first responders (police/EMS/fire), and teachers/educators are all eligible to receive \$10 off their monthly memberships. We ask that you provide a valid ID when signing up.
- 25) If a member would like to bring a guest: the guest needs to first be approved by the Garrett Blatnik ahead of their planned visit.
- a. When they arrive for their first visit, please have them fill out a waiver. Make payment arrangements prior with Garrett Blatnik.
  - b. Failure of you (the member) and your guests to comply with this policy, or any policies/rules, will lead to termination of your membership.
  - c. If there is a guest that you will be referring to the gym without your presence, please have them contact the Strength Empire LLC staff ahead of time to make sure that someone is present for their visit. They will be directed to use the drop-in request form on our website.
- 26) If someone is in the gym that you do not know or recognize, please inquire as to if they are a member or not. Remember that this is a "members-only access" facility and you pay for it to be that way.

- a. Please give them Garrett Blatnik’s contact info (or card) and inform them that they would not be welcome for a drop-in workout at this time.
  - b. If they refuse leave, please contact Garrett Blatnik immediately and notify them that authorities may be contacted as well.
- 27) If you are caught bringing guests into the facility without permission or knowledge of Garrett Blatnik, your membership will be terminated immediately.
- 28) You understand that Strength Empire LLC has the right to refuse your business at any time and may terminate your membership at any time, no questions asked.
- a. Community policy: we are passionate about creating a community. Our gym is a small space and we must all treat each other with kindness and respect. As such, we expect each and every member (or visitor) to be courteous of the gym and others around them.
  - b. Any member found to be disrupting the community with negativity, gossip, poorly representing the gym (in person or online), or generally making others feel uncomfortable or unwelcome will have their membership terminated.
- 29) If you chose to rent a locker:
- a. Locker rentals are month to month (at \$10/month). You may also pay for 12 months up front for \$100.
  - b. There are no refunds given for pre-paid locker use (not even if membership is terminated).
  - c. You may NOT use your own lock – we will provide you with a lock and combination.
  - d. Any cost to physically remove a lock from your locker will be your responsibility.
  - e. Strength Empire Memphis LLC accepts no liability for lost or stolen items that are stored in our facility. Please keep the lock on your locker at all times and use lockers at your own risk.
  - f. To cancel your locker rental: a 7-day notice prior to your next billing date is required. Once cancelled, we ask that you clean out your locker and return your lock. Failure to do so will result in a fine.

**Signature**

Print \_\_\_\_\_ Signature \_\_\_\_\_ Date \_\_\_\_\_

Print \_\_\_\_\_ Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent or Guardian (if child is under 18 years old)