



Member Guide

- Rules & Regulations
- Junior Consent Form

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Gridley Fitness Member Guide

HOURS OF OPERATION

Staff Hours

Monday – Thursday:
8:00 am - 12:00 pm
4:30 pm - 8:30 pm

Friday:
4:30 pm - 8:00 pm

Saturday:
8:00 am - 12:00 pm

Membership Hours

Monday – Sunday:
24 Hours

Non-Member Hours

Monday – Saturday:
Same as staffed hours

WANT TO KNOW HOW TO USE THE EQUIPMENT?

Gridley Fitness has a team of Personal Trainers who will guide you on your fitness journey and guarantee your success. To get started, they offer a one-time FitPro appointment valued at \$60 for the discounted rate of \$25. This is a one-hour appointment with one of Gridley Fitness’s personal trainers. This is step is recommended for juniors before beginning their fitness routine.

CHECKING IN

- All members are required to have a photo on file and check in at the front desk or entrance door with their scan tag.
- No piggybacking, all members need to scan their own scan tag.

FIRST AID

- First aid supplies are available at the front desk.
- Our AED is located at the front desk.

PARKING LOT

- If you hit a member's car in the parking lot, you must leave a note, and report the incident to our front desk.
- Everyone is to park in the designated spots.
- Please do not leave your trash, cups, paper, etc. in the parking lot.
- Large RV's, trailers, buses, or cars with trailers, etc. are not permitted, as we do not have designated spots and our parking lot is very congested.

LOCKERS

- Day lockers are available for day use only. Please bring in your own padlock
- Please do not leave valuables in day-use lockers. The lockers provide general security for your personal belongings (GF is not responsible for any items lost or damaged on club property).
- Any unclaimed personal property will be held at the club in the lost & found bin for thirty (10) days. Any items left after this period will be donated.
- Children over the age of 4 are not allowed in the locker rooms of the opposite sex.
- Please do not change in the bathroom stalls.
- Cell phones are not to be used in the locker rooms.
- Taking pictures in the locker rooms is strictly prohibited.
- No perfumes or excessive fragrances.
- No dying of hair.

YOUR MEMBERSHIP INCLUDES

- State of the art cardio and weight equipment
- Group exercise classes (see schedule for detail by visiting gridleyfitness.com)
- Locker rooms
- 24/7 access
- WiFi access

OTHER SERVICES AVAILABLE

- Personal Training
- Tanning bed

RULES & REGULATIONS

These guidelines help protect the wellbeing of our members and staff. Please follow them to maintain a respectful and positive gym environment.

24/7 FACILITY ACCESS POLICY

Do Not Allow Anyone Into the Gym

Members with 24-hour access are strictly prohibited from letting anyone else into the facility under any circumstances. Every individual must use their own access credentials to enter. Allowing someone to “piggyback” or enter without scanning in is a serious safety violation and will result in an immediate strike under the Member Conduct & Violation Policy.

Personal Access Only

Your 24-hour access is for your use only. Sharing key access cards or opening the door for friends, family, or other members who forgot their credentials is not permitted.

Junior Members Must Be Signed In and Accompanied

Junior members are never permitted to enter the gym alone during after-hours.

They must:

- Be signed in, even during after-hours access
- Be accompanied by a parent or guardian at all times while in the facility

Allowing a junior member to enter unsupervised or without proper sign-in is considered a violation.

Maintain a Secure Environment

These rules ensure the gym remains safe, secure, and properly monitored at all hours. Members are expected to uphold these standards every time they enter the facility.

REQUIREMENTS THROUGHOUT THE GYM

- In Gridley Fitness is a drug-free, tobacco-free (including chew), alcohol-free facility.
- Proper attire is required - shirts and shoes must be worn at all times.
- Shoes must protect the entire foot (no sandals, Tevas, or open-toed shoes).
- No sticky food or gum is allowed in the facilities.
- Foul language and/or inappropriate behavior that is not seen as family-friendly will not be tolerated.
- Fighting (verbal or physical) are grounds for immediate expulsion.
- Please keep personal items off the workout floors. Gym bags and other personal workout aides can cause a tripping hazard.
- Please help keep the restrooms and lockers safe and clean. Please wipe the counters, flush the toilets, use the urinals, and please shut your lockers after each use.
- We ask that all members are left to enjoy their privacy and peace. Solicitation and confrontation should be avoided as we respect our fellow members.
- Management may be contacted via phone at 530-846-4040. We value your comments and suggestions and are committed to responding.

PHOTOS / FILMING

Taking photos or filming of others is not permitted without their prior knowledge and consent. Absolutely NO photography or filming in the locker rooms.

FITNESS FLOOR & WEIGHT ROOM ETIQUETTE, RULES & REGULATIONS

- #1 Issue - replace your weights! Please adhere to our color-coded weight system.
- Deadlifting- ONLY use rubber plates and DO NOT slam weights.
- Any form of weightlifting chalk—loose, block, or liquid—is strictly prohibited. If a member is caught using chalk, their membership will be cancelled

immediately with no exceptions.

- No loud grunting, abusive or obscene language.
- Fighting (verbal or physical) is grounds for immediate termination.
- Banned substances – Not allowed and this includes drugs, steroids, alcohol, tobacco, vaping, or chew.
- No taunting, badgering, bullying or confrontation.
- No dropping, slamming and/or throwing of weights and weight equipment (except in designated areas).
- No banging or slamming weights/weight stacks.
- No belt buckles on vinyl.
- Immediately report ANY of the following to our trainers or front desk staff:
 - 1. Weight room related injury
 - 2. Facility/equipment irregularity
 - 3. Poor behavior
- Spotting by grabbing equipment cables is dangerous and not permitted (Use alternative spotting methods).
- Spotters, collars, and weight belts are required for all heavy lifts.
- Proper training attire must be worn at all times. Shirts and shoes are mandatory.
- Posing and photo taking in the weight room is prohibited when members and / or their workouts are compromised.
- No feet on the walls, columns, counters etc.
- All sound systems, TV's, lights, etc., are to be adjusted by GF staff only.
- If you're not familiar with any of the equipment, please ask a trainer for assistance.
- Respect for equipment, facilities, and fellow members/guests must be demonstrated at all times. Any abuse may result in immediate termination.
- Every member should feel comfortable working out next to other members/guests. Anyone who makes other members/guests feel uncomfortable will not be welcome.
- Proper weight room etiquette requires sharing of equipment when others are waiting.

- Always demonstrate courtesy towards others in the weight room

GROUP EXERCISE & YOGA STUDIO

Available for use when classes are not in session. Please refer to QR code posted on studio board or “schedule” at gridleyfitness.com

- Please wait for all classes to officially end before entering the room for the next class.
- At the end of your class session, please exit the room and converse in the hallways so the next instructor and class can prepare.
- As a courtesy to the instructor and fellow participants, please do not carry on long and loud conversations during class.
- All class times include set-up, exercise session, break-down and transition.
- Please assist and make sure all equipment is put away (Steps, weights, etc.).
- Please do not change existing pedals.
- All equipment (Dumbbells, barbells, body bars, stretching mats, stability balls, etc.) need to stay in group exercise room.
- Please come to class free of perfumes (strong scents can be distracting).
- Please make sure your phone is silenced.
- Please respect all yoga props. At the end of class, please store any props you have used in the proper area.
- To provide a healthy environment, health professionals and industry specialists strongly recommend that members provide their own mats for better flu prevention and hygiene.
- Place/move BOSU, steps, slides, etc. carefully on floors.
- Avoid dropping bike seats on floors.

CARDIO & CIRCUIT TRAINING AEAS

- Personal belongings need to be stored in a locker. PLEASE NOTE - Gridley Fitness is not responsible for lost or stolen items. Please do not create a hazard by leaving anything on the floor.
- Juniors ages 15-17 must complete the "ProFit" program to participate on the

fitness floor without adult supervision during staffed hours.

- Return all equipment (dumbbells, barbells, BOSUs, Body Bars, stretching mats, stability balls, etc.) to collective racks after use.
- All equipment must stay on the fitness floor or in group exercise room. Do not move equipment to other areas of the gym.
- Every member and guest are obligated to share the equipment. Allow others to "work in" between your sets.

CARDIO & CIRCUIT TRAINING AREAS

- Return all cardio equipment to zero speed and elevation after your session (when applicable).
- Never exit a treadmill while the belt is still moving for safety purposes.
- Never step onto a treadmill when the belt is already moving.
- Towels and sanitized wipes are available for the sanitation of all involved. Please wipe down the equipment after each use.

Member Conduct & Violation Policy

Failure to follow the rules, guidelines, and procedures outlined in this Member Guide may result in a violation. Depending on the severity or frequency of the issue, the appropriate consequence will be applied according to our Three-Strike Violation Policy.

First Violation – Written Warning

A formal reminder that gym rules must be followed. This warning is documented on the member's account.

Second Violation – \$50 Reinstatement Fee

A \$50 fee is required to continue membership after a second violation. This fee reflects the administrative time and resources needed to address repeated non-compliance.

Third Violation – Membership Cancellation (No Refund)

A third violation results in immediate membership termination with no refund. This step ensures a safe, respectful, and consistent environment for all members.

FREQUENTLY ASKED QUESTIONS

What Do I Wear? If you're not sure, there's one general rule to follow – keep it simple and comfortable. Safe, closed-toed appropriate athletic footwear is required on the fitness floor, free weight, or free weight areas, cardio areas and all classrooms. Comfortable athletic wear is encouraged however; torn clothing is not permitted. Please exercise discretion with any revealing apparel due to our family environment.

Do I Need to sign up for a Group Exercise Class? Our classes are free and do not require reservations. Members may track our scheduled classes via our live up to date schedule by going to GridleyFitness.com and Clicking on Schedule.

What if I Want to Bring a Guest? We encourage our members to bring family and friends. We offer a day pass rate for our members to extend a welcome to friends and family who might be interested in membership or just want to share our club for a single visit.

What if I Lose My Scan Tag? Scan tags can be replaced for a \$10 fee.

Who Can I Talk to About My Account? To best serve our members, our staff is available for your inquiries Monday through Thursday, from 8:00am to 12:00pm and 4:30pm to 8:00pm. Friday, from 4:30pm to 8:00pm and Saturday, from 8:00am to 12:00pm. They can be reached at 530-846-4040. Please remember that any changes to your account need to be made in writing and submitted to the gym.

What If I Have More Questions? Ask! We need your input to guarantee that this remains an outstanding facility with a top-notch staff. Just call the front desk. We value your comments and suggestions and are committed to responding.

JUNIOR RULES / REGULATIONS & CONSENT FORM

We are happy to present our Juniors Membership option that allows teens aged 15-17 to become members and use our facility without adult supervision during staffed hours. We consider this membership a **privilege** and we expect teens to participate with respect, civility, and act as adults. Please be sure to familiarize yourself with this packet. Welcome!

Since you are allowed to be here without adult supervision during staffed hours, it's important that you act responsibly by respecting and following all the rules, guidelines, and procedures presented in this handout.

1. **ProFit:** To ensure safe and responsible use of our facility, it is recommended that all young adults complete our ProFit orientation class before beginning their fitness routine. This class provides essential instruction on proper equipment use, gym safety, and facility guidelines.
2. **Respect:** Please treat others as you would want to be treated. This includes respect for our staff, fellow members and guests, facility, equipment, etc.
3. **Civility:** Please show regard for others by being polite, courteous, and respectful.
4. **Communication:** Respectful communication is required, including giving your full and proper name when addressed. This also includes no yelling, losing your temper, no insults, offensive language, or profanity, etc. If a Teen member violates any of the Rules and Regulations:
 - a. **Warning:** Your teen will receive an incident report and disciplinary action. This might include a warning, suspension or termination of their membership depending on the severity of the infraction. Participation in our "ProFit" program will be required for those given suspension.
 - b. **Termination:** Subsequent offenses will result in the termination of your membership.

I acknowledge that I have read, understand, and will adhere to the "Junior Rules / Regulations & Consent Form".

Junior's Name: _____ Date: _____

Junior's Signature: _____

Parent's Name: _____ Date: _____

Parent's Signature: _____