



Thank you for joining The GYM

Member orientation

We realize that you may have other choices when it comes to exercise, and we would like to thank you for choosing The GYM 24/7 FITNESS LLC. as your place to work out. Our equipment is top-of-the-line, and we are definitely worth it! We are excited about adding a new business to the community and can not wait to see The Felicianas GET FIT!

Commonly Asked Questions

We want to make it as easy as possible for you to get started! Many new members tell us that joining a gym can be both a rewarding and intimidating experience at the same time. The following questions are questions based on feedback that we receive from members that we get usually in their first to second month.

Do I have to have a key tag to gain access to The GYM?

Yes, all members are required to purchase a key tag and swipe it at the access point on the front door every time they enter the club. This helps us to get to know our customers better and also keep track of who is coming into the club at any given time. **You are not allow to open the door for anyone.** This is for the safety of our members and our facility. I realize keys will get lost, you will have to make a call or send an email to management so someone can get you set up with a replacement key.

What do I store my personal items?

We have several cubby areas located at the front of the gym. Please remember to keep all valuables in a safe and secure place. We have surveillance cameras but please try to keep your valuables in a safe place.

How do I learn how to use the equipment?

We will show you how to use all the equipment in the gym. Please let a staff member know if you need help with a machine. Personal trainers are available for a reasonable charge to get you started on an effective workout plan as well. Let management know if you would like more information on personal training.

What if someone else is using a piece of equipment that I want to use? Keyword ...“using” not sitting play on a phone.

You have a few options:

- If you're doing a total body workout, you can simply move to the next machine and come back to the machine you wanted to use when this piece of equipment is free.
- You can politely ask the member that is using the machine if you can either “jump in” or simply wait till he/she is finished.
- Sharing a piece of equipment with another member or “jumping in”, just simply ask, “can I jump in with you”? Now while that person is resting, you can jump in and do your set. Once you take your turn, finish your set in a timely manner. Then simply allow the other member a turn rather than resting on the equipment between sets.
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How do I know when it's my turn to use a piece of a cardio equipment such as a treadmill or elliptical?

Our gym does not set time limits or do we use sign-up sheets because we usually have enough equipment available for everyone. If you find yourself waiting for a specific piece of equipment, simply let the person that is on that machine know that you wish to go next. We also recommend you give some thought to your workout time so you have the best chance of coming in when the GYM is at its least busy. Our busiest times are usually going to be the first thing in the morning or in the evening after people get off of work.

What do I do when I'm finished with a piece of equipment?

As a courtesy to our other members, please make sure that you wipe off each piece of equipment with your towel or use one of our spray bottles and towels positioned around The GYM. Please return all free weights to their proper places on the racks. Keep in mind that the person who comes in behind you may not be able to lift as much as you.

What about security during non-staffed hours?

For your safety The GYM has a 24 hour security surveillance system, well lit outdoor entrance.

Who will help me if I have a problem or a complaint?

If you have a suggestion, complaint or compliment, please see a staff member. If it is during non-staffed hours, simply leave the complaint, suggestion or complement in our suggestion box. If you leave your name, and phone number, we will get back to you as soon as possible to address your concerns. You can also send your concerns to thegym@hughes.net or call 225-244-6298. If you have an emergency please call Angie @ 225-235-7279 EMERGENCY USE ONLY

GUESTS

We encourage you to bring in your friends and family members. Statistics show that when individuals work out with other people that it builds camaraderie, is funner, and you're more likely to stick with your workout routines because you have someone else trying to reach the same fitness goals. Guest must sign the guest log and sign the policies & guideline and place it in the yellow folder . First visit to The GYM is free, after that it's a \$10 a visit fee, put in the guest fee box if guest's visit is not during management times.

Your first days as a new member

It is very important to us that you enjoy and benefit the club every time you visit. Most members are anxious to see results right away when they begin a fitness program. Please be patient with yourself and your body. Give your body a chance to adapt to your new fitness lifestyle change. Learn about fitness and exercise help make members feel more comfortable in the gym. We want to provide you with all the support and all the information you need to reach your fitness goals. To help you in your journey, we have individualized programs and support materials that explain how you can get the most out of our facility.

Before every time you come in:

- Try to make it a point to eat at least 60 to 90 minutes before you come in for your work out. If you don't have enough calories to sustain your work out, you might experience a drop in energy and you might feel overly tired and in some cases even dizzy.
- You must always warm-up and cool- down before and after your workout. Warming up before exercising increases the quality and the effectiveness of your work out and will minimize the risk of getting injured. Using the treadmill, elliptical, computerized bikes, and steppers are excellent ways to warm-up and cool-down. We recommend that you do 10 minutes of warm-up and 10 minutes of cool-down.
- Do your cardiovascular training first then proceed to weight training.
- Your goal should be to work out at least three times per week. We recommend strength training Monday, Wednesday, and Friday or Tuesday, Thursday ,and Saturday. On the off days when you're not strength training
- we recommend coming in and doing cardio for no less than 30 minutes at a time.
- We recommend stretching out before your workout, and even more importantly, that you stretch out after your workout. Static stretching (slow, sustained movements without bouncing) enhances flexibility, reduces muscle soreness, and aids in your cool-down. Each stretch should be held 15 to 20 seconds.
- If you do the same workout routine over and over for a sustained period of time (months without changing your program) your muscles will get used to the workout. Our staff will make periodic recommendations and changes to your routine in order to make sure that this does not happen and that you constantly shock the muscles so you continue to see results and that you do not get bored with your program

Fitness facts

Strength training

Strength training (known as resistance training or weight training) helps you get stronger, increases your metabolic function and reduces your chance of getting injured. Proper strength training increases muscle tissue and give shape and structure to your muscles. Because fat is burned in muscle tissue, the more muscle you have, the greater your fat burning potential. Weight training burns 4010 cal per minute, depending on your size and your fitness level.

Now keep in mind you are likely to experience positive effects of resistance training very rapidly. Our research shows that muscle performance increases by 45 to 65% after only two months of consistent strength training.

Resistance training should be generally performed three times per week allowing at least *one day of rest between those resistance training days.*

Cardiovascular/pulmonary training

Cardiovascular training (also known as aerobic training) will increase your cardiovascular fitness, pulmonary circulation, and your endurance. It also burns body fat and calories, reduces stress, will help you sleep better, and improves overall health and well-being. A well-conditioned heart is much more efficient and much stronger.

We recommend doing your cardio workouts at least three times per week for a minimum of 23 to 30 minutes each time you come in.

During cardiovascular exercise your body will use fat and carbohydrates for energy. Your body uses a larger amount of energy because cardio workouts are sustained for a longer period of time. Aerobic activity that is performed at your target heart rate range (65-85% symbol of your maximum heart rate) will burn more calories from fat. Our fitness trainers can help you calculate your target heart rate range.

Body composition

Each pound of fat burns approximately 8 cal per day and stores 3, 500 cal of energy. The Two keys to changing body composition are performing activities that cause your body to use it's stored fat and strengthening muscles to become better fat burners. This can be accomplished with a healthy diet, strength training, and cardiovascular exercise. Each pound of muscle tissue burns approximately 35 to 75 cal per day and will store 450 cal of energy.

Now while rapid weight loss might be temporarily satisfying, the percentage of body fat may not decrease significantly. We recommend fueling your body with the proper nutrients which will transport fat into the muscle to be metabolized and will result in a decrease of fat tissue.



Member's Copy: The GYM's Policies & Guidelines

MEMBERS & GUEST acknowledge that you are physically able to engage in any activity, program, or training provided and agree that all exercises and use of this facility are undertaken at your sole risk. You also agree to accept full responsibility for all personal belongings. Derogatory remarks involving any other members or GYM personnel will not be permitted. **These policies and guidelines are established so that we may provide you a quality environment that is clean, safe, and respectable for all members.**

PROPER CLOTHING & HYGIENE

- Appropriate athletic shoes only. No street shoes, boots, or sandals are allowed in workout areas.
- All gym bags & purses must be kept in the cubby area designated for personal items. Please keep all valuables in your car or secured in your gym bag.
WE ARE NOT RESPONSIBLE FOR ANY LOST OR STOLEN ITEMS.
- No belt buckles, blue jeans or loose jewelry items can be worn in workout areas.
- Please avoid the use of heavy perfumes or cologne.
- All under garments will remain under your clothing. You have to wear a shirt over your sports bra, men must wear a shirt at all times with nipples covered, underwear will not show, athletic pants & shorts will sit and fit properly on the waste area

For your safety and convenience

- You must bring your membership card every time you visit the club. If you lose your card there is a **\$20 replacement fee**. You will need to contact management and let them know you need a replacement key.
- No solicitation by guests or members is allowed without prior approval of the management staff. This includes posting banners or selling fitness related items such as supplements or apparel.
- All personal trainers must be approved by the management. Our personal trainers are independent contractors, and we assume no responsibility for terms, arrangements, contracts, and conditions between the independent trainer and the client. Please contact the personal trainers at the direct numbers only. All terms, conditions, these schedules, and clients/trainer waivers must be on file with the gym before training takes place.
- During after-hours when the club is not staffed you are not allowed to open the door for anyone. If you violate this rule it will result in revocation of your membership. Please remember that all gym activity is on video 24 hours per day!
- Office areas and storage areas are off-limits to everyone except for staff.

WEIGHT ROOM & CARDIOVASCULAR AREA

- Negative remarks about club members or personnel are not permitted. Please treat other members and staff with courtesy and respect. Inappropriate behavior or disruptions will result in the suspension or termination of your membership.
- Please try refrain from make obnoxious noises during lifting: screaming, unneeded grunting or swearing.
- Allow others to work in during your rest period
- Keep hands and feet away from all moving parts and weight stacks
- **DO NOT** attempt to repair or adjust any equipment that has malfunctioned and report any equipment problems immediately to staff.
- Please use the spray bottles with disinfectant and paper towels throughout The GYM each time you are done using a piece of equipment.
- Children under 13 are not allowed in these area or the weight room without special permission by the owner. They must sit in cubby area. **Children under the age of 13 CAN NOT RUN AROUND in The GYM.**
- No profanity, this is a family GYM..
- Do NOT slam or drop any dumbbells or plates.
- Always use a spotter when attempting maximum weight
- For your safety, please use collars and clips in the free weight area.
- **Unrack** and **return** all weights and other equipment to their proper place.
- You cannot use CHALK in The GYM's equipment.
- Earbud music should not be heard outside of your ears.
- Please keep The GYM clean by disposing all of your trash in our provided receptacles.

FOOD /DRINK

- ONLY water bottles with spill proof lids are allowed in all areas of The GYM.
- Please be neat when mixing your pre and post workout powders. Clean up your mess.
- No food in The GYM

We reserve the right to terminate your membership at any time if you violate any of these guidelines.



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Member signature_____

Date_____