

The Bay Club at Westshore Yacht Club

Fitness Center Rules

- a. Your Membership Card is required to access the Fitness Center.
- b. Please have your Membership Card or weekly guest pass available, and able to provide the card/pass to a staff member or security patrol upon their request.
- c. The Fitness Center is open to members, their house guests, Non-resident and social members, and marina members. Houseguests must obtain a weekly guest pass from the concierge desk which should be carried with them when using the gym.
- d. Local friends or relatives (excluding houseguests) may use the fitness center (up to 6 visits) and must be accompanied by the sponsor member.
- e. Members cannot grant access (open the gym door) to another member who does not have their member card with them.
- f. All Personal Trainers, Health Care Specialist, including but not limited to Physical Therapists, must register with the Club and have all certification, training and insurance documents on file with the Club GM. Additionally, all personal training must be scheduled with the Club GM in advance to deconflict space and ensure a safe environment.
- g. Children under the age of 14 are not permitted in the Fitness Center at any time.
- h. Proper exercise attire is required at all times. Athletic, closed-toed shoes and shirt must be worn. No swimsuits with covers are permitted.
- i. Absolutely no pets are allowed in the Fitness Center.
- j. No horseplay, profanity, disruptive conduct. Offensive activity or anything that is considered an annoyance or nuisance to The Bay Club staff or its members, is prohibited.
- k. Cell phones are allowed in the fitness center exclusively with the use of headphones. Only emergency phone calls should be taken, but all calls should be taken outside if it is an extended conversation.
- l. No food, chewing gum or tobacco use is allowed in the facility. No open containers, only bottled water/sports drinks are permitted in the Fitness Center.
- m. When members are waiting, please limit your aerobic session to 30 minutes maximum and strength training session to a 5-minute max per machine.
 - Do not linger on equipment. Allow other persons to do alternate sets with you.
 - Dumbbells, weights, and other equipment should be returned to their proper location. Re-rack weights.
 - In consideration of others, please wipe off equipment after use. It is recommended to have a towel handy during the workout. Disinfectant wipes are available for your convenience.
 - In case of an emergency or any injury, dial 911. If staff is available, alert them immediately: go to the concierge's desk and have them contact the security gate immediately.