

General Policies

- Use of the BellaVita Spa & Fitness Center, Brentwood Fitness, Activity Center Fitness, and PrimoVita Fitness are authorized for members over the age of 21.
- Ages 14 - 15 must be accompanied by a parent or an adult member.
- Ages 16 - 22 may possess a youth waiver card. Those members who possess a youth waiver card are not allowed to bring guests.
- Age 14 years and older is the minimum age for use of all fitness facilities.
- **ALL GUESTS** must register at the BellaVita front desk and possess a guest pass to use any of the facilities (Activity Center and Pool, BellaVita Fitness, Spa and Pool, PrimoVita and Brentwood Fitness and Pool).
- **GUESTS** must remain with the member on the premises at all times except during spa services.
- **GUESTS** are not allowed to attend any of the aerobics classes, have a free fitness orientation or an assessment.
- **GUESTS** must be at least 16 years old with valid proof of age; Driver's License/Permit, Student ID, etc.
- **NO LOCAL GUESTS ALLOWED**; house-guests must live outside of 60 miles with proof of residence.
- **GUEST PASS ALLOTMENT**; you can be a guest and get a guest pass up to four (4) times a year for no more than a week at a time (no consecutive weeks).
- **GUESTS** may not participate in Activity Clubs.
- **GUESTS** are allowed after 1pm at the gyms, Activity Center and pools.

Youth Waiver Age Limits and Facility Usage

- Ages 14 - 15 are issued a "minor" card with a **blue** background and are permitted use of all facilities with parental supervision. Minor members are not permitted in the facilities alone.
- Ages 16 - 22 are issued a "youth waiver" card with a **white** background and are permitted use of all areas of all facilities without parental supervision.
- These youth waiver categories are not eligible for guest passes. Only parents have guest privileges.

Dress Code

No one is allowed to work out in the fitness center unless they are wearing appropriate clothing.

- **Footwear:** Closed-toe and closed-top athletic footwear is only allowed. No flip-flops, open-toed shoes, bare feet, street shoes, boots, sandals, aqua shoes, clogs, golf shoes, bike shoes or any shoes with cleats.
- **Shirts:** Presentable shirts must be worn at all times. No cut-off shirts. No "offensive" shirts of any kind.
- **Shorts/Pants:** Presentable shorts/pants must be worn at all times. No bathing suits or cut-offs. No "offensive" shorts/pants of any kind.

Drinks

- Only water is allowed in all fitness centers and Activity Center. No gatorade, tea, coffee, soda or any flavored waters.
- Only re-sealable plastic containers can be used.
- Open cups, cans or glass bottles are never allowed.

Keeping Equipment Clean

- The equipment and benches must be wiped down after each use. There are canisters located in each corner of the fitness centers, as well as in the center, containing anti-bacterial wipes.

Free-Weight Room

- Dumbbells, weight plates, bars and benches must remain in the fitness room.
- Dumbbells and weight plates must be returned to the rack after use.
- Chalk cannot be used in the free-weight room at any time.

Security

- We cannot take responsibility for your personal belongings. We have provided lockers with combination locks for your convenience.
- Nothing can be left on top of the lockers or on the floor near the lockers. Please store them away in the lockers at all times.
- The area across from the racquetball courts can be used for the storage of larger bags.
- Members are encouraged to lock their lockers.