

IN-SHAPE RULES & REGULATIONS

These Rules & Regulations ("Rules") intend to provide the maximum use and enjoyment of the Club by the members and their guests. We believe they constitute the best solution to the many complex issues and concerns associated with a club operation as large and active as ours.

The obligation to enforce these Rules lies primarily in the hands of the ISHC management whose principal responsibility is to assure members of all the courtesies, comforts and services that we provide. It is also the duty of the members to know the Rules and to cooperate with ISHC management in their enforcement.

The Rules may be revised, amended, supplemented, modified or repealed by ISHC management at any time and without prior notice. In addition, ISHC management will have any number of operating policies and procedures necessary for the overall efficient and effective management of the Club. Violation of the Rules of the Club may result in a reprimand, suspension or expulsion. The Club shall have the unqualified right to make such Rules, as it deems necessary or appropriate. The Rules shall be available to members upon request.

ANIMALS

Animals (with the exception of seeing-eye and medical dogs) are not permitted in the Club.

APPLICATION FOR MEMBERSHIP

Each applicant for membership in the Club shall submit a completed Membership Application with correct information on a form prescribed by ISHC together with the applicable fees. Make all payments at the front desk, and get a receipt.

- **Nature of Membership.** Memberships are mere licenses which shall, depending on membership type, permit the member(s) thereof the right to use the facilities of In-Shape Health Clubs, hereinafter ISHC, based on membership type, for recreation of an athletic nature. Membership does not confer any proprietary right of interest to any properties, assets, facilities, premises, or other things whatsoever leased or owned by ISHC. Nor does membership privilege confer right of the members to participate in the management of ISHC in any way or any of the debts or obligations of ISHC. Except as otherwise herein provided, ISHC is not obligated to repurchase a license or to secure a transfer of membership title or interest in the club or its assets.
- **Value of Membership.** Membership is non-transferable, may not be used as barter or trade, and has no value other than for member. However, ISHC may transfer the membership to any other entity at its sole discretion provided there is no material change in facilities or services.
- **Electronically Scanned Membership Application.** ISHC reserves the right to maintain the membership application, and any and all other documents related to member's membership with ISHC in a digital version and the member consents to the use and enforceability of a digital version in all future matters.

BASKETBALL COURT RULES

- 1) Everyone is on a first come first serve basis.
- 2) When there are more than four people waiting to play the teams will be selected with the next four people on the sign-up sheet. (Not the next person waiting picking their own team)
- 3) Games to be first team to 9 baskets when only one team is waiting to play. Games will be to 7 baskets when more than four people are signed up to play.
- 4) Absolutely no food or drink allowed in gym.
- 5) Absolutely no abusive language.
- 6) Unsportsmanlike conduct will not be tolerated. (This includes trash talking)
- 7) Availability of court time will be at the discretion of Club Management.
- 8) Winning team will only be able to hold court for three games, then the team must start over at the end of the list.
- 9) Any disagreement / argument on a play is to be settled with a "do or die" by the team that was in possession of the ball. (no offense)
- 10) FIGHTING WILL RESULT IN IMMEDIATE TERMINATION OF MEMBERSHIP.

BICYCLES

Bicycles are not permitted in the Club.

CANCELLATION

Voluntary Cancellation: Except as specifically provided elsewhere herein, all cancellations other than those occurring within the first five (5) business days, excluding Sundays and holidays, or those occurring pursuant to Article II Section 5, should be requested in writing via Certified mail 30 days prior to date of

said cancellation. Dues for the last 30 days must be paid when cancellation is submitted. Verbal cancellations will not be accepted. Cancellations dated the 1st to the 15th of the current month will be cancelled on the last day of the month. Cancellations dated the 16th to the 31st will be cancelled on the last day of the next month.

If this contract is for the use of a facility that is under construction and not yet open for business, you may cancel this agreement at any time prior to midnight on the fifth (5th) business day after the date on which the facility opens for business and receive a full refund.

Death And Disability: Should member die or become disabled and therefore unable to receive all services for which he/she has contracted, Member or his/her estate shall be relieved of obligations for payment for services other than those received prior to death or the onset of disability and shall be entitled to prompt proportional refund of prepaid dues for services not yet received. Member agrees that in the event he/she claims disability, he/she hereby consents to submit copies of his/her physician's reports, diagnosis and prognosis to ISHC within ten (10) days of member's claiming disability.

Relocation: Should member move further than 25 miles from any facility of ISHC and ISHC is unable to transfer membership to a comparable facility associated with ISHC, member shall be relieved from the obligation of making payment for services other than those received prior to the move and shall be entitled to prompt proportional refund of prepaid dues for services not yet received. Member must submit documentation verifying the relocation within ten (10) days of member seeking to cancel the membership based on the relocation.

CANCELLATION CHARGES

Upon cancellation due to relocation, ISHC reserves the right to charge a fee of \$100.00, or if less than half of the contract term remains, a fee of \$50.00.

CARDIOVASCULAR AREAS

- Proper workout attire required (no jeans, open toe shoes, string tank tops or thongs). 30-minute time limit when others are waiting. Wipe down equipment after use.
- Return newspapers and magazines to racks.
- Report any maintenance issues to the front desk.
- No food or drink, except bottled water and energy drinks. No glass containers.
- Keep gym bags out of walkways.
- Members must be at least 13 years of age. Members 13-17 must go through an orientation with a trainer.

CATEGORY OF MEMBERSHIP

Section 1. Single Membership. A single membership is defined as Holder 18 years of age or older and up to two of his/her children or wards¹ under 13 years of age who reside as permanent members of the Holder's household¹. The Holder will be required to pay an additional amount per child.²

Section 2. Couple Membership. A couple membership is defined as a Holder 18 years of age or older and one more person who resides as a permanent member of the Holder's household¹ who is his/her: a) spouse or domestic partner², b) child or ward³ 13-20 years of age.^{1,2,3} Holder may add one child 12 years of age or under, and will be required to pay an additional amount for the child. (Roommates, regardless of sex, DO NOT qualify for a couple membership.)

Section 3. Family Membership. A family membership is defined as a) Holder 18 years of age or older, his/her spouse or domestic partner² and two of their children or wards³ under 21 years of age who reside as permanent members of the Holder's household¹ or b) Holder 18 years of age or older and two or more children, grandchildren or wards³ under 21 years of age who reside as permanent members of the Holder's household¹. The Holder of a family membership will be required to pay an additional minimal charge per month per child in excess of the two children allowed per membership, plus a card fee and or check in fee for each family member.^{1,2,3}

- 1) May be subject to address verification.
- 2) A domestic partner is a person neither married nor related by blood or marriage to the Holder; it is the Holder's sole spousal equivalent; lives together with the Holder in the same residence and intends to do so indefinitely; is responsible with the Holder for each other's welfare.
- 3) A ward is a person who is under the protection or in the custody of another.

CHANGE OF ADDRESS

Members must notify the Club in writing (at 6 South El Dorado, Suite 700, Stockton, CA 95202) or via email (at memberservices@inshapeclubs.com) of any change of address. Members who fail to do so shall be deemed to have waived any notice provided for under these Rules, and all communications will be presumed to have been received by the fifth day after mailing.

CHILDREN (6 months to 12 years old)

Children under 13 years of age are not allowed in any fitness areas (e.g., cardio room, weight room) and must be under constant adult supervision in all other areas. They may use tennis courts, racquetball courts, gymnasiums and swimming pools (where available) only if accompanied and closely supervised by a parent or legal guardian at all times. Children under 13 years of age are not permitted in the Group Exercise studios unless they are participating in a club-sponsored activity specifically for children.

Children are permitted in the locker rooms only when accompanied by a parent or legal guardian. Children four years of age and older may not use the locker room of the opposite sex.

For safety reasons, children under 16 years of age are not permitted to use the saunas, steam rooms, whirlpool spas or therapy pools.

In-Shape Health Clubs is not a licensed childcare facility and is exempt from licensing pursuant to Health & Safety Code section 1596.792. ISHC only provides babysitting and Kids Club facilities in accordance with the following restrictions:

- 1) A parent or legal guardian must be on the premises at all times for children to attend the babysitting and Kids Club facilities.
- 2) Children must be on a membership (along with a current photo) and may only be checked in or out by their parent or legal guardian on the same membership. Members may not bring cousins, friends or children they are babysitting even if the child is on another membership. Babysitting and Kids Club facilities are for use by children only when their parent or legal guardian is at the Club.
- 3) There is a two-hour maximum for any child (club time limits vary between 90 minutes and two hours).
- 4) Age limits: (where applicable)
a. Infants: 6 months - 1 year old
b. Little Members: 2 - 5 years old
c. Kids Club: 6 - 12 years old
- 5) Food is not permitted. Drinks are permissible but must be in labeled spill proof bottles or drink cups with the child's name.
- 6) Parents are not permitted to bring toys or games from home.
- 7) Attendants do not assist in diapering, toileting, dressing, grooming, bathing, or other personal hygiene.
- 8) Attendants do not assist with taking medications. We do not store and/or distribute medications.
- 9) Attendants do not monitor food intake or special diets.
- 10) A child with cold or flu symptoms (e.g. runny nose, fever, eye or skin irritations, vomiting or diarrhea, etc.) will not be admitted. Attendants reserve the right to turn away children that appear to be sick.
- 11) If disciplinary action is necessary, a time out will be given as a temporary measure. If a child continues to present a problem, parents will be paged and asked to remove their child by the parent.
- 12) If a child cries for more than 10 minutes, the parent must remove the child.
- 13) Parents should be patient the first few visits and should not leave their child for the maximum time allowed.
- 14) Wet clothes or swimsuits are not permitted.
- 15) Children must wear shoes on the floor, socks in the maze. Bare feet are not permitted.
- 16) ISHC reserves the right to refuse the care of any child.
- 17) If an attendant feels that child safety is at risk because of overcrowding, we reserve the right not to admit any more children.

CHILDREN (Juniors): 13 to 15 years of age

Juniors may use Club facilities until 9:00 p.m. without adult supervision providing they follow all rules and regulations of the Club. After 9:00 p.m., parent or legal guardian supervision is required.

Juniors may use the weight and cardiovascular equipment only after parental written consent is received by ISHC, and after they successfully complete an orientation with Club fitness staff.

Children under 13 years of age are permitted to swim only under the direct supervision of a parent or legal guardian. Children under 16 years of age may not use a sauna, steam room, whirlpool spa or therapy pool. Juniors need approval from the Group Exercise instructor to participate in a Group

Exercise class.

COMMENTS REGARDING FACILITY OR STAFF

Direct comments concerning operations of the Club, its staff and other matters to the corporate office via a) the Internet (www.inshapeclubs.com), b) our telephone switchboard at (209) 472-2231, c) our Member Services Department at (209) 472-2450 or d) fill out a Comment Card at the Club.

COMMENTS REGARDING OTHER MEMBERS

Comments regarding other members should be directed to the General Manager.

CONDUCT

ISHC Management reserves the right to suspend or terminate the privileges of members who do not conform to ISHC Rules. ISHC adopts a zero tolerance policy regarding inappropriate conduct. Such conduct may include (but is not limited to) loud, boisterous or obscene language and/or gestures, offensive language, profanity, abusive language, lewd conduct, harassment, attempts to reprimand Club employees, or conduct that would be deemed bothersome by ISHC management, as well as any conduct that may endanger the best interest of the Club, its employees, members or guests. Members are also responsible for the conduct of their children and guests.

DAMAGES

Any damage to ISHC's property by any member, his/her guest or children shall be paid for by the member.

DRESS CODE

In workout areas, shirts must cover the back and chest; shorts/pants must cover the entire bottom; close-toed shoes are required at all times. Bare feet are permitted in the locker rooms and exercise studios only. Stocking feet, sandals, hard-soled dress shoes and jeans are not permitted. The Club will disallow use of the Club to any person not in compliance.

DUES

The obligation to pay dues is not dependent on the availability of all the Club's facilities or the member's frequency of use. Tournaments, repairs, maintenance of some facilities, and/or other occurrences may make it necessary for the Club to restrict the use of one or more facilities or to close the Club temporarily. The Club will not reduce or suspend dues during the time when facilities are not available.

FREE WEIGHT ROOMS

- Proper workout attire required (no jeans, open toe shoes, string tank tops or thongs).
- Wipe down equipment after use.
- Report any maintenance issues to the front desk.
- No food or drink, except bottled water and energy drinks. No glass containers.
- Keep gym bags out of walkways.
- Return all weights to racks after use.
- Never lean Olympic weights against walls.
- Do not drop weights.
- As a safety precaution, members cannot work out in a horizontal position with dumbbells or barbells while on stability balls. Members may use dumbbells and stability balls under these conditions: 1) must be supervised by a GX instructor or personal trainer; 2) must be in the seated position; and 3) weights cannot exceed 10 pounds in each hand.
- Use collars at all times.
- Make sure all seats are secured and all pins in place.
- Members must be at least 13 years of age.
- Members 13-17 must go through an orientation with a trainer.

FRONT DESK

The Front Desk is designed to accommodate the needs of all members. Services provided include member check-in, guest check-in, towel service, personal training reservations and check-in, tanning reservations and check-in, purchase of retail items and food/beverages, changes to membership, first aid and replacement membership key tags. Make all payments at the front desk, and get a receipt.

GROUP EXERCISE CLASSES

- Proper workout attire required (no jeans, open toe shoes, string tank tops or thongs).
- No food or drink, except bottled water and energy drinks. No glass containers.
- Non-marking athletic shoes are required.
- Keep gym bags out of walkways.
- Classes are filled on a first come, first serve basis, and class sizes are limited to ensure a safe and enjoyable workout.
- Scheduled classes take priority over other activities and schedules are subject to change at any time without notice.
- As a safety precaution, members cannot work out in a horizontal position with dumbbells or barbells while on stability balls. Members may use dumbbells and stability balls under these

conditions: 1) must be supervised by a GX instructor or personal trainer; 2) must be in the seated position; and 3) weights cannot exceed 10 pounds in each hand.

- Children under 13 years of age are not permitted unless they are participating in a club-sponsored activity specifically for children.

GUESTS

Members in good standing shall be entitled to invite guests to the Club in accordance with the provisions of this section. ISHC may restrict the number of guests a member brings, how many times a guest may use the facilities in a given period of time, as well as the times during which a member may bring them to the Club.

Members must accompany guests at all times and are expected to familiarize their guests with Club rules and regulations. Members shall be responsible for the conduct of their guests. If the manner or appearance of any guest is deemed by ISHC management to be unsatisfactory, the sponsoring member shall, at the request of ISHC management, cause such guest(s) to leave the Club immediately. The Club may at any time, and from time to time, suspend or terminate the guest privileges of any member.

Sponsoring members shall cause their guests to:

- Register at the front desk upon arrival at the Club
- Show proof of identification
- Pay the prevailing guest fee or present a pass
- Complete a Guest Waiver of Liability and speak with a Membership Counselor to have a guest pass authorized or pay the guest fee.
- Any person who has previously had his/her membership terminated by the Club or is otherwise prohibited from Club usage may not be a guest at the Club. The maximum time allowed for a guest pass is two weeks (at the discretion of club management). Guests who have already used a two-week guest pass will then be required to pay guests' fee at the prevailing rate.

GYMNASIUM (where applicable)

- Proper workout attire required (no jeans, open toe shoes, string tank tops or thongs); non-marking athletic shoes are required.
- No food or drink, except bottled water and energy drinks. No glass containers.
- Loud or offensive language is prohibited.
- Children under 13 years of age must be under supervision by a parent or legal guardian at all times.
- Follow the rules for open court play posted in the gymnasium.

HOLD STATUS CHARGE

A member in good standing may place membership on hold for a monthly fee (unless the hold is requested for a verified medical condition) for a maximum of six (6) months by providing written request and prepayment of three (3) months hold status or if on EFT monthly payment. If member's membership remains on hold after the 6-month period, membership will be reactivated unless prior arrangements have been made with ISHC. Membership must remain active for 12 months following completion of "On Hold" status before qualifying for another "On Hold" period. Use of the club or its facilities during the "Hold" period will result in the membership being reactivated immediately; and member's regular monthly membership charges will be assessed.

HOURS OF OPERATION

Hours of operation vary by club. Holiday hours vary also. Check with individual clubs or consult our website (www.inshapeclubs.com).

KIDS CLIMBING WALL (where applicable)

A parent or legal guardian must sign an additional waiver for a child to climb the kids climbing wall. Thereafter, they must sign in for each use and be present during climbing (when wall is located outside of Kids Club):

- Climber requirements: Minimum: 45lbs. Maximum: 250lbs. No bare feet. Shoes required.
- Before a climb: Members must have a signed Waiver of Liability on file before using the climbing wall the first time. Members must wear closed-toed shoes and a top. Members must be shown how to properly wear the climbing harness. After being hooked into a harness, members must stay in the harness area, and not step on the auto belay cable before climbing.
- During a climb: Do not climb the wall without a harness. NO FREE CLIMBING! Stay on the climbing route for that station. Do not cross over, beneath or above other climbers. Do not climb beyond the wall top. Do not go beyond chest-height to the wall top. NO HORSEPLAY!
- During descent: Do not kick off more than four feet from the wall. Rappel straight down, and do not swing too close to other climbers. Be alert for other climbers who may have strayed from their routes.
- At the end of a climb: When lowered to the

ground at the end of the climb, members must land on their feet. After a climb is complete, unhook the auto belay cable, hook it back into its eye hook and return the harness to the front desk.

LOCKER ROOMS

- The Club is not responsible for lost, damaged or stolen articles.
- No camera cell phones allowed.
- Secure lockers with a padlock. Contents left overnight may be removed. Do not store valuables in lockers. Lockers are solely for temporary clothing storage.
- Children under 13 years of age are permitted only when accompanied by a parent or legal guardian. Children over four years of age may not use the locker room of the opposite sex.

LOST & FOUND

The Club maintains a Lost & Found area. The Club does not assume responsibility for items turned in to the Lost & Found. Members must identify and claim articles in person.

MEMBER SUGGESTIONS

We are always looking for ways to improve upon the service we offer, and we welcome ideas and suggestions. We have provided a Comment Box at the front desk so members can submit comments. We appreciate constructive feedback regarding the facility, programming and service standards. We will make every attempt to respond to comments within one week. Members may also send comments to us via our on-line contact form at www.inshapeclubs.com.

MEMBERSHIP KEY TAG ACCESS CARDS

Each member 13 years of age and over must show his/her own membership key tag access card and have a picture taken to enter the facility. Member shall not permit use of his/her card by anyone else, or assist any third person, non-member to use the club without authorization by club as a guest user. Violation of the foregoing may subject member and/or account holder to a fee and/or cancellation of membership.

If a member's membership key tag access card is lost or stolen, the member must complete a Member Service Request (available at any front desk) for a new membership key tag access card. There is a fee to replace lost or stolen membership key tag access cards.

OBSTRUCTING EMPLOYEES

It is unbecoming, and shall be grounds for disciplinary action, including termination of membership, for members or guests to abuse any of the Club staff, verbally or otherwise. Members shall not instruct any of the Club staff, nor shall members request any of the staff to leave the Club for any purpose whatsoever. Members are requested to report misbehavior or violations of Rules or laws committed by employees, and other members or guests, to the General Manager. Violations will be subject to disciplinary action as deemed necessary by ISHC. Members are not permitted to request special personal services from employees.

OUTSIDE ACTIVITIES PARK (where applicable)

Playground equipment is for children and Juniors only. The following activities are just some of the prohibited activities while children are using the equipment: pushing or roughhousing; jumping off high portions of playground equipment. BBQ and picnic areas are available on a first come, first serve basis. For group parties, advanced reservations are required.

PARKING

Members are encouraged not to leave visible items in their automobiles. The Club is not responsible or liable for articles damaged, lost or stolen in or about the Club, or for loss and/or damage to any property including, but not limited to, automobiles and/or the contents thereof.

PAYMENT OF DUES AND DELINQUENCY CHARGES

The Club utilizes a direct debit system against members' major credit cards or checking/savings accounts (for a monthly billing membership). Members must provide the Club with a current major credit card account or checking/savings account information for direct debit of dues. Members must inform ISHC of any changes in their direct debit account that might affect prompt payment. Failure to pay the Club on time may result in suspension of membership privileges and termination of membership.

The Holder is financially responsible for all other members on the membership, including returned checks or declined credit card charges. All balances will be drafted each month through EFT.

In order to offset the cost of follow-up and to encourage repeat offenders to comply with payment terms, the maximum lawful interest fees will be added to any delinquent amount not

received by the Club until such delinquent amount is paid in full.

If a credit card or direct debit from a checking/savings account is declined, the member will be notified by mail and will have seven calendar days in which to make payment in full, including applicable penalties. If the member's account is still unpaid at the end of that period, Club privileges will be suspended and the membership will be subject to termination.

If an account is delinquent, the Club may take whatever action it deems necessary to effect collection. If the Club commences any legal action to collect any initiation fees, membership dues or other indebtedness owed by any member of the Club or to enforce any liability of such member to the Club, and if judgment is obtained by the Club, such member shall also be liable for all costs and expenses of such legal action, including reasonable attorneys' fees.

PERSONAL TRAINING

ISHC's personal training is provided by Custom Built Personal Training (CBPT). To work with one of their personal trainers, contact their Fitness Manager at the club or contact their corporate office via their website (www.custombuiltpt.com). In-Shape prohibits members and guests from receiving exercise instruction from non-CBPT trainers while at the Club. Members receiving unauthorized personal training may have their Club privileges suspended. Unauthorized people providing training will be asked to leave the Club, and future Club privileges will be suspended. All payments for personal training must be made payable to CBPT.

PERSONAL PROPERTY

Personal property (e.g., gym bags, purses, extra clothing) is not permitted in workout areas. Personal property of members or guests, while in or on the Club's premises or while deposited with the Club shall be at the owner's sole risk. The Club will not be responsible for any loss of personal property left on the premises, including items left in lockers or with an employee of the Club (see Waiver of Claims section).

PREPAID MEMBERSHIPS

Excluding relocation, disability, and death, all prepaid memberships (yearly or otherwise) are not refundable for any reason. Prepaid memberships do not automatically cancel at the end of the prepaid term.

PROHIBITED ITEMS

Weapons and illegal drugs are not permitted on Club property. Alcoholic beverages are not permitted, except at authorized club-sponsored social events. Use of anabolic steroids is prohibited.

PUBLIC RELATIONS

The Club reserves the right to photograph and/or videotape at any time in members' presence without their knowledge or consent.

RACQUETBALL (where applicable)

- Proper workout attire required (no jeans, open toe shoes, string tank tops or thongs).
- No food or beverages.
- Protective eyewear and non-marking athletic shoes are required.
- When claiming a court, wait until the point in progress has been completed.
- Children under 13 years of age must be under supervision by a parent or legal guardian at all times.

RECIPROCAL CLUB USE

Members who wish to enjoy use of all In-Shape clubs may want to consider becoming a Platinum or Platinum Plus member. Contact a Membership Counselor for details. Some services may not apply (e.g., tanning, locker rentals).

RENTAL LOCKERS (where applicable)

Rental lockers are available for rent in some clubs. The lockers are property of the Club, and the Club reserves the right to clean and/or inspect lockers without notice. Members are not permitted to store food, liquor, weapons, drugs or flammable materials in lockers.

RESISTANCE TRAINING AREAS

- Proper workout attire required (no jeans, open toe shoes, string tank tops or thongs).
- Wipe down equipment after use.
- Report any maintenance issues to the front desk.
- No food or drink, except bottled water and energy drinks. No glass containers.
- Keep gym bags out of walkways.
- Members must be at least 13 years of age. Members 13-17 must go through an orientation with a trainer.

SAUNAS (where applicable)

- Shower before entering.

- No shaving, loofahs, lotions or creams of any kind.
- Do not leave newspapers or magazines.
- No food or drink, except bottled water and energy drinks. No glass containers.
- Due to high temperatures (175-185 degrees F.) saunas can be dangerous to peoples' health. Members must limit themselves to 10 minutes before using another area with at least ten minutes in a cooler environment in between.
- Consult a physician before using. Those with medical conditions such as high blood pressure, heart disease, diabetes, low blood sugar and respiratory problems, and those who are pregnant, should avoid exposure to high heat.
- Exercise and accelerated weight loss clothing are not permitted in the Sauna or Steam Room. Members that wear sweat-inducing clothes or exercise in the Sauna or Steam Room may have their membership terminated.
- Do not pour water on the heating rocks.
- Towels or bathing suits are required.
- No drying of personal items.
- Must be at least 16 years of age.

SMOKING

ISHC is proud to provide a completely non-smoking environment. Smoking is not permitted anywhere on Club property.

SOLICITATION

Members cannot post or circulate commercial advertisements in or around the Club, nor can they solicit funds.

STEAM ROOMS (where applicable)

- Shower before entering.
- No shaving, loofahs, lotions or creams of any kind.
- No newspapers or magazines.
- No food or drink, except bottled water and energy drinks. No glass containers.
- Due to high temperatures (105-110 degrees F.) steam rooms can be dangerous to people's health. Members must limit themselves to 10 minutes before using another area with at least ten minutes in a cooler environment in between.
- Consult a physician before using. Those with medical conditions such as high blood pressure, heart disease, diabetes, low blood sugar and respiratory problems, and those who are pregnant, should avoid exposure to high heat.
- Exercise and accelerated weight loss clothing are not permitted in the Sauna or Steam Room. Members that wear sweat-inducing clothes or exercise in the Sauna or Steam Room may have their membership terminated.
- Towels or bathing suits are required.
- Must be at least 16 years of age.

SWIMMING POOLS (where applicable)

- Scheduled organized pool activities (e.g., aqua aerobics classes) have priority over open use.
- Shower before entering.
- No food or drink, except bottled water and energy drinks. No glass containers.
- Keep bags out of walkways.
- Loud or offensive language is prohibited.
- Do not sit on, play with or go over lane dividers.
- Proper swimwear required; no cotton clothing (e.g., t-shirts).
- No diving.
- No running or playing on deck.
- Individuals with open wounds or sores are prohibited.
- Kickboards, noodles or other floatation/swim instruction aides are not allowed (except life vests), except in ISHC classes or in lap lanes while swimming laps.
- Children under 13 years of age must be under supervision by a parent or legal guardian at all times. Limit three children per adult.
- Children unable to swim safely or stand in pool must be under immediate supervision of a parent or legal guardian regardless of the presence of a lifeguard.
- Children who are not potty-trained must wear plastic pants and swim diapers while in and around pools.
- Baby strollers must be kept four feet from pools.
- Lap swimming etiquette ensures a safe and congenial environment for all swimmers.
- Lap swimmers must share their lane when asked.
- When there are two swimmers in a lane, it is proper procedure to split the lane. Splitting the lane requires that one swimmer stay on the left side of the lane while the other swimmer stays on the right side of the lane, allowing both swimmers to swim up-and-back.
- Always notify the current swimmer in the lane before entering, and split the lane with him/her.
- Circle swimming is mandatory when all lap lanes are split and a third swimmer enters (or more if the number of swimmers wishing to swim exceeds three per lane). Circle swimming is always counter-clockwise.
- In circle swimming, a slower swimmer must stay to the right of the lane to allow a faster swimmer to pass by using the center of the lane.

TANNING

Children under the age of 18 are prohibited from using tanning beds. For all other members, limit tanning time to 20 minutes a day (15-18 minutes for those with fair skin; 10 minutes for beds with new bulbs). Members must sign in prior to using the tanning beds. All members must complete a Tanning Waiver prior to the start of tanning sessions. As a matter of courtesy, clean the bed after each tanning session. Members with Platinum or Platinum Plus memberships may only tan at their designated home club.

TENNIS COURTS (where applicable)

- Proper workout attire required (no jeans, open toe shoes, string tank tops or thongs); non-marking athletic shoes are required.
- No food or drink, except bottled water and energy drinks. No glass containers.
- When claiming a court, wait until the point in progress has been completed.
- Do not hit, sit on, or jump over nets.
- Children under 13 years of age must be under supervision by a parent or legal guardian at all times.

Tennis courts may be reserved for 1.5 hours for singles or doubles play. Indoor tennis courts may be available for an additional fee (where applicable).

THERAPY POOL (where applicable)

- Shower before entering.
- No newspapers or magazines.
- No food or drink, except bottled water and energy drinks. No glass containers.
- Due to high temperatures (approximately 94 degrees F.) therapy pools can be dangerous to people's health. Members must limit themselves to 10 minutes before using another area without at least ten minutes in a cooler environment in between.
- Consult a physician before using. Those with medical conditions such as high blood pressure, heart disease, diabetes, low blood sugar and respiratory problems, and those who are pregnant, should avoid exposure to high heat.
- Water exercise should be done in water that does not exceed 84 degrees. Therefore, members cannot participate in aqua aerobics classes while in a therapy pool.
- Scheduled organized activities have priority over open use.
- Swimsuits are required; no cotton clothing (e.g., t-shirts).
- Must be at least 16 years of age.

WAIVER OF CLAIMS

Your access to the premises and use of the facilities and equipment owned or operated by ISHC involves a risk of injury to you or your guests or family, whether caused by the actions or negligence of you, someone else, or employees of ISHC. As such, you understand and voluntarily accept and assume this risk and agree that ISHC, its employees, officers, directors, and shareholders will not be liable for any injury including, without limitation, personal, bodily or mental injury, death, economic, monetary or financial loss, or any damage of any nature whatsoever to you, your spouse, domestic partner, children, guests, or relatives occurring at the premises or while using the facilities and equipment owned or operated by ISHC, or while participating in activities or classes, providing or receiving training or instruction, or observing or participating in any way in any activity or event of ISHC, or resulting from or in any way arising out of the negligence of ISHC, anyone on ISHC's behalf, or anyone at the premises or using the facilities owned or operated by ISHC. Furthermore, you understand that ISHC does not manufacture the fitness or other equipment at ISHC but purchases and/or leases the equipment from third parties. As such, you agree that ISHC, its employees, officers, directors, and shareholders will not be held liable for any injury including, without limitation, personal, bodily or mental injury, death, economic, monetary or financial loss, or any damage of any nature whatsoever to you, your spouse, domestic partner, children, guests, or relatives resulting from any defective products or equipment. You further agree that ISHC will not be responsible or liable for any loss, theft, or damage to any of your property in or about the premises owned or operated by ISHC, including any personal property left in a locker or automobile. You further agree that the foregoing release and waiver of claims and liability is intended to be as broad and inclusive as is permitted by the laws of California and that if any portion thereof is held invalid, you agree that the balance shall continue in full legal force and effect.

WATERSLIDE (where applicable)

- Waterslide use is prohibited when ISHC staff is not present.
- Bathing suits only. No cut-offs, loose clothing or shorts with metal or hard plastic buttons allowed.
- All eyewear must be removed. Swim goggles may be worn. Lifejackets or floaties are not

allowed.

- Jewelry (e.g., necklaces, rings, bracelets, pins), keys, and other items, which may scratch the slide must be removed before using the slide.
- Walk up stairs single file. Running, cutting and horseplay is not allowed.
- Must be a minimum of 44 inches tall and able to swim quickly, confidently and unaided to the exit ladder or pool stairs.
- Wait for "GO" signal from the attendant before riding. Only one user allowed on the slide at a time.
- Must ride on back or bottom, feet first, and keep arms and legs inside the slide at all times.
- Standing, stopping, turning, rotating, kneeling, and head-first riding is not allowed.
- Move quickly away when exiting the slide. Exit the drop area at the nearest ladder or proceed under the drop off area divider.
- Parents are not allowed in the splash down area.

WHIRLPOOL SPA (where applicable)

- Shower before entering.
- No newspapers or magazines.
- No food or drink, except bottled water and energy drinks. No glass containers.
- Due to high temperatures (approximately 104 degrees F.) whirlpool spas can be dangerous to people's health. Members must limit themselves to 10 minutes before using another area without at least ten minutes in a cooler environment in between.
- Consult a physician before using. Those with medical conditions such as high blood pressure, heart disease, diabetes, low blood sugar and respiratory problems, and those who are pregnant, should avoid exposure to high heat.
- Water exercise should be done in water that does not exceed 84 degrees. Therefore, members cannot participate in aqua aerobics classes while in a whirlpool spa.
- Swimsuits are required; no cotton clothing (e.g., t-shirts).
- Must be at least 16 years of age.

*If any part of these Rules & Regulations is inconsistent with the terms and conditions of the Membership Application and/or applicable law, the terms and conditions of the Membership Application and/or applicable law shall prevail. To the extent that any term or provision hereof is found to be invalid or unenforceable, the remainder of these Rules & Regulations shall remain valid and in full force and effect.