

a. ACTIVITY AND FITNESS CENTER

The Club Activity and Fitness Center provides the community with multi-purpose meeting rooms, a state of the art work out facility, and a fully equipped exercise studio for sessions with licensed and insured personnel. The Activity and Fitness Center is for members and guests. Hours for the Center are 5:00 a.m. to 10:00 p.m., seven days a week. The entire Activity and Fitness Center is a smoke free environment.

1. ACTIVITY AND MEETING ROOMS

- a. Individual meeting rooms available for community activities and private events. The Crown, Brighton and Somerset rooms are in the Clubhouse. The Dorset Stafford and Picadilly rooms are in the Activity Center. Scheduling for the rooms is handled through the Administration Office. The use of the multi-purpose rooms is determined on a first come, first serve basis.
- b. The Aerobics Room is located in the Activity Center.
- c. Food and beverage for community and private functions, in Activity Center multi-purpose rooms, may be provided either by club catering services or group/associations using rooms.

2. THE WORKOUT FACILITY AND STUDIO ROOM

- a. The Workout Facility offers the community state of the art workout equipment, including cardio machines, strength building machines and free weights. The facility also provides users with the equipment and facilities to participate in a healthy lifestyle program, and to develop a beneficial and individual workout plan.
- b. Guests are not permitted to use the Fitness Center before 12 Noon each day.
- c. Children under the age of 12 are not permitted in the workout area at any time. Children between the ages of 12 and 15 may use the workout facility when accompanied by an adult.
- d. Proper workout attire is required in the workout area. Closed toe shoes, tennis shoes, or workout shoes are required and must be worn while using the equipment and the facility.
- e. When using your phone or a video device for personal lessons or instruction, air buds or earphones must be used.
- f. Storage bins and water are available in the center; however, users must bring their own towels.
- g. Free weights should be put back in the racks when done. Respectful use of free weights and exercise equipment should be practiced in the workout area at all times.
- h. All users should properly and thoroughly wipe down the equipment when finished. Antibacterial wipes are available in the workout area.
- i. The Exercise Studio is fully equipped with quality tools and items, for classes in yoga, Pilates and cardio plans, designed for improving and maintaining a healthy lifestyle.
- j. Fitness/exercise personnel providing instruction and/or services, to our community, must be licensed and insured, and, have prior approval of the GM/COO.
- k. The complete schedule, of fitness classes available in the Fitness Center, is detailed on the Worthington Country Club website, worthingtoncc.net.
- l. Scheduling for group sessions, in the Workout Facility or Exercise Studio, may be done through the Administration Office.
- m. Fully equipped locker rooms are available for Men and Women in the facility.
- n. No food or beverages, other than appropriate water containers, are allowed in the exercise areas.

These rules may be changed or updated at any time. A complete list of established Activity and Fitness Center Guidelines, is posted in the Activity Center.