

### Group Fitness Classes

Field House Fitness proudly offers an exciting variety of group fitness classes designed to stimulate the mind and body. Taught by certified instructors, these classes are both fun and challenging. Class descriptions and schedules are available at the front desk.

### Free Towel Service

Towels are provided to all members at no cost. Workout and shower towels are available on the wire racks upstairs and downstairs. Please deposit all towels in the marked containers prior to leaving.

### Lockers

Daily lockers are available to all members free of charge. Members can utilize the lockers by providing their own lock to secure their personal items. These lockers are for day use only and not for extended periods of time. Locks remaining at the close of each day will be cut off and the contents of the locker may be claimed at the front desk.

### Lost & Found

Lost and found is located at the front desk. After 30 days, items will be donated to a local charity.

### Daily Guest Pass

Daily guest passes are available at McDermont's front counter for a cost of \$14.92 and entitles a person to the use of McDermont attractions for one day. A colored wrist band will be issued upon payment.

### Lindsay Boxing Club

The Lindsay Boxing Club will provide boxing training on Monday, Wednesday and Friday nights from 6-8pm. Affiliated with USA Amateur Boxing, the Lindsay Boxing Club is designed for members age 5 and above seeking improved cardiovascular conditioning and/or to prepare for boxing competition.

### Cardio Entertainment Channels

<u>Channel</u>	<u>Station</u>	<u>Theme</u>
2	NBC	Network TV
3	FOX	Network TV
4	CBS	Network TV
5	ABC	Network TV
6	Univision	Spanish Programming
7	Fox News	24 hour news
8	CNN	24 hour news
9	ESPN	Sports
10	VH-1	Music Video
11	Food TV	Cooking
12	TLC	The Learning Channel



"The Squeezinator"



# Member Handbook

### Hours of Operation

Monday-Thursday	5am-10pm
Friday	5am-11pm
Saturday	6am-11pm
Sunday	6am-10pm

## **Fitness Center Guidelines**

### **Welcome to Field House Fitness,**

Congratulations on your decision to pursue a healthy and happy life through exercise. Although the journey will be challenging, we will be here to assist you in every step of the way.

It is our intent to provide a clean, safe and friendly facility to accomplish your fitness goals. We are proud to offer you state-of-the-art equipment, knowledgeable and caring staff and a clean facility where our main purpose is to assist you in achieving all of your health, fitness and wellness goals.

If you ever need assistance or have any questions, please don't hesitate in asking a team member of McDermont. We hope you realize all of your goals and we look forward to serving you.

Sincerely,

The Entire McDermont Team

*It is our intent to make your experience within Field House Fitness both productive and enjoyable. Please follow these guidelines to provide a safe & clean facility for all members.*

1. Please bring your membership card with you. You will be asked to show your card to the counter person upon entering the Fitness Center.
2. Please respect others.
3. Please wipe down all equipment as needed upon completion. Spray sanitizer on towel then wipe. Please do not spray directly on to equipment.
4. Please return and rack all of your own weights when finished.
5. Please wear appropriate clothing (no cut-offs, jeans, or open toed shoes).
6. Children under 14 years old are not permitted in the Fitness Center.
7. Youth ages 14 and 15 must be accompanied by an adult.
8. Please report equipment malfunctions to the front desk.
9. Food is not allowed within the Fitness Center.
10. Do not drop weights on the floor.
11. Do not occupy several pieces of equipment while others are waiting.
12. Shirts must be worn at all times.
13. Please deposit towels and waste in the proper containers.
14. Please feel free to ask staff for assistance at any time.
15. Please remove your personal locks from the lockers when done. Locks will be removed each night upon closing.
16. Field House Fitness is not responsible for lost or stolen items.