



Fitness Facility Rules

- Facility is for 14 years old and up with adult supervision.
- 16 years old and older may use the facility on their own.
- Under 14 years old are not allowed on or to use the exercise equipment for safety reasons.
- **Infants, toddlers, and school aged children cannot be near any equipment.**
- Non-members must be accompanied by a member as their guests.
- Guest registration must be made 24 hours prior to visit by emailing:

jclark@forestoakscountryclub.com Give date of visit and number of guests.

- The fee for non-members using the facility is \$10 per person. Members may bring guests 2 visits per year. **The \$10 fee will be billed to the membership balance.**
- Members using the facility are asked not to let anyone in the gym who does not have a key card. Each member should enter individually unless they are in the same family.
- If member key card does not work, please email jclark@forestoakscountryclub.com. Please do not ask a member using the gym to give you access to the gym.
- **Return all equipment to its proper place and clean all equipment after use.**
- If gym needs cleaning or a problem occurs, please call: 336-674-0126 ext. 5 during the hours of 8:30 AM – 5 PM M-F. After hours and weekends, please text 919-604-3821.
- Gym hours are 7 days a week. 5 AM – 9 PM.
- **The gym is under camera surveillance.**
- For emergencies call 911. The AED is located outside the gym, on the wall, towards the Pro – Shop.

Address:

4600 Forest Oaks Drive

Greensboro, NC 27406