

# **Exhibit A**

# Member Rules and Regulations

## THE BASICS What to bring

**Bring your membership card.** You did not get dressed and come all the way to the gym just to be denied entry because you left your membership card at home. Gym crashing is on the rise and the only way for us to know you're a part of the Lucille Roberts family is by your card, so NO CARD, NO ENTRY, NO EXCEPTIONS! Please don't "lend" your membership card to your friends and family. If they want to be a part of the Lucille Roberts family, pick up a guest pass for them or encourage them to join!

**We are not responsible for any personal belongings so please leave your valuables at home.** If you're coming straight from work and this is not an option, make sure you bring a lock for your locker. When you're done with your locker, please take everything with you. We want to make sure all of our members have a place to store their belongings and any locks left overnight will be clipped. Any belongings left behind will be donated to charity and you won't even get the tax deduction!

**No smoking or food allowed in the gym.** If you need a smoking or snack break, take it outside. On that note, gum is also frowned upon. Heavy breathing and gum chewing do not mix, and used gum always seems to be right underneath where you're about to put your hand. Gross. Bring a towel and a water bottle. You will spend most of your workout sweating so you'll need a towel to keep your body dry and water to keep yourself hydrated. If you forget, we have water available for purchase.

**Swap glass for plastic.** If you're sweating and holding something made of glass, the chances you'll drop it are pretty high. No one wants to get dressed around broken glass. Leave your glass bottles at home.

**Find out about babysitting.** Many of our clubs offer babysitting at an affordable rate. Ask the front desk for more information!

## USING THE EQUIPMENT

Did you know that most people who use a machine are either using it incorrectly or are not doing the workouts necessary to achieve the results they want? Don't be one of those people. Take an equipment orientation. You can take as many as you need and they are free!

**Please wipe down all equipment after use.** You know how you don't want to exercise in someone else's sweat? Neither does the person who uses your machine after you. If you can't find the wipes please ask and someone will gladly point you in the right direction.

**Return your free weights.** There is a place for everything, so please put everything back in its place. Have you ever seen someone trip over a weight? It is not pretty.

**Don't be "that girl."** We've all seen her. The girl who threw off the whole system by not signing up for her machine or by going over the time limit. If everyone decides to not be "that girl", then "that girl" will not exist anymore and we can all workout in peace.

## GUEST ETIQUETTE

Your guests may not have seen our guide to the best workout ever, so it's up to you to keep them informed. Here's what they'll need to do:

- Follow all of the guidelines above. You wouldn't want your guest to be "that girl!"
- Prove (photo ID) that they're 18 years of age and live within 5 miles of the gym.
- Pay \$10 if they don't have a valid guest pass. (Make sure you get them one from the front desk)
- Go on a tour of the gym before beginning their workout. We wouldn't want them to miss our great classes because they couldn't find the classroom!
- Remember that they can only be a guest one time, and if they were once a member they cannot go back to being a guest. Why would you want to be a repeat guest when you can be a family member instead?

## THE DRESS CODE

**Dress appropriately.** Flannel may be making a comeback this fall but it is still inappropriate gym attire. That also goes for denim and street clothes. This may be a ladies gym but you should still look your best. Studies show you workout longer, faster, and harder when you have on a nice outfit. Studies also show you're 75% more likely to run into your ex on a day where you wear embarrassing sweatpants and a stained t-shirt.

**Wear the right shoes.** You must wear sneakers (the regular ones, not these new high-heeled kind) unless your class calls for dance shoes, socks or bare feet. That means no flip flops, sandals, boots, stilettoes, flats or slippers. You laugh, but we've seen them all. Your chance of being fashionable is 100%. So is your chance of injury.