



1300 Boardman Poland Road
Poland OH 44514
PH 330.953.3404
FAX 330.953.3406

Membership/Access

- Any individual of 16 years of age and older are permitted to purchase a Ntense Workout membership.
- Individuals under the age of 16 are not permitted to use the facility. (Minors [under the age of 16] are not permitted in any area of Ntense Workout. Violators of this policy and the identified minor(s) will be required to leave the facility upon request of any Ntense Workout staff member. The identified member in violation of this policy will be subject to a suspension of membership privileges.)
- Guest passes -- \$10 daily guest passes can be purchased by sponsoring members of the Ntense Workout. Ntense Workout will accept a maximum of 10 approved guest pass applications on a daily basis. Please review the Guest Pass Policies for more details.
- Ntense Workout reserves the right to discontinue the guest pass program without notice.
- Lost Membership Cards – a photo ID, such as a driver's license or a state ID, must be presented and a new Membership Card must be purchased.
- Coats, street clothing, backpacks or equipment bags should be placed in lockers or cubbies around the building. PLEASE LOCK VALUABLES IN A LOCKER! Ntense Workout is not responsible for lost or stolen items.
- Alcoholic beverages and tobacco products are prohibited in the facility at all times. Violators are subject to disciplinary actions.
- The use of profanity and vulgar language is prohibited.
- All members and guests must adhere to the rules and regulations adopted by Ntense Workout from time to time.
- Ntense Workout reserves the right to suspend guest and member privileges and deny them building access if they do not abide by the applicable rules and regulations or if they are, in the opinion of Ntense Workout, conducting themselves in a manner detrimental to the facility or use of the facility by other individuals.

Guest Pass Policies

- Sponsors must provide a valid Member ID; guests must provide a photo ID; and everyone must be at least 16 years old.
- All guest passes are \$10.00 and non-refundable and non-transferable.
- Passes are valid for one-(1) day and guests are not permitted to re-enter with their pass.
- Sponsors and guests must be in proper attire (no jeans, boots, etc.) to participate in activities.
- All guests agree to abide by the policies and procedures governing Ntense Workout.
- Sponsors are responsible to stay with their guest(s) during their entire visit.
- Misuse will result in termination of membership to Ntense Workout.

Parking

- Parking is located directly in front of Ntense Workout.

Lost and Found

- Ntense Workout is not responsible for lost or stolen items.
- Inquiries regarding lost items may be made at the Front Desk.
- Items of value (wallets, MP3 players) will be turned over to the Executive Offices.
- Found Ntense Member IDs will be located at the Front Desk.
- Ntense Workout reserves the right to dispose of items after a reasonable period of time.

Tours

- Ntense Workout staff-escorted tours are available upon request or may be scheduled in advance. Please contact the Front Desk to schedule a tour for five or more people.

Ntense Workout Dress / Attire

Appropriate dress is required for personal safety and maintenance of equipment and facilities:

- Closed-toe, rubber-soled athletic footwear (tennis shoes) is required – no boots, flip flops, sandals or open-toe shoes.
- Clothes free of buttons, rivets or metal zippers required in the strength and cardio area and aerobics studio.
- No mid-driffs or sports bras are allowed in all activity spaces.
- Street clothes are prohibited in the strength and conditioning area and aerobics studio.

Food/Drink

- Food is not permitted in any area of Ntense Workout.
- Drinks in containers with the lid closed tightly are permitted.



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Bulletin Boards/Soliciting

- Signs, fliers or posters must be approved by the executive staff.
- Soliciting is not permitted inside the Ntense Workout.

Locker Rooms

- All members may use lockers on a daily basis. Daily lockers are intended for temporary daily storage while using Ntense Workout.
- It is highly recommended that participants use the digilock on each locker when storing personal belongings.
- Cell phone/cameras are not permitted in the locker rooms.
- Glass containers are not permitted in the locker rooms.
- Warning – Wet surfaces in the locker room may be slippery. Please watch your step.

Cameras/Video

- Picture taking and/or videotaping is only permissible with written authorization from Ntense Workout.

Music

- Music will play throughout the facility on whatever channel the executive staff deems appropriate.
- Only listening devices with headphones are permitted for members.

Use of Equipment

- Improper use of equipment is prohibited. This includes, but is not limited to, standing on equipment and benches, standing on weights, stacking weights under equipment, top loading, and stepping on weights.
- Weights should never be set on benches; this includes dumbbells, free weights, and bars.
- Power lifts (clean, clean-jerk, snatch) are prohibited.
- The use of chalk is prohibited.
- The use of a spotter is recommended.
- Wiping down equipment after use is mandatory (please do not spray machines directly with cleaning solution).
- All equipment must be returned to its proper place after use. Please keep all equipment in designated areas.
- Limit stretching and floor exercises to designated areas.
- Athletic footwear is required (boots, flip-flops and open-toed shoes are not permitted).
- Athletic shorts or sweatpants are required (cargo shorts, cargo pants, and jeans are not permitted).
- Outside personal training is not allowed (only personal training by the Ntense Workout trainers is permitted).
- Immediately report any injury or facility/equipment irregularity to staff on duty.
- Facility and equipment is on a first-come, first-served basis. Please be courteous to others.
- The use of the "emergency off" clip is mandatory when using treadmills.
- Chewing gum is prohibited when running on cardio equipment.
- Cell phone usage is prohibited on equipment and in the locker rooms. Use of cell phones in other areas of the facility must be limited and such use shall not disturb other individuals.
- Contact a staff member if any extra assistance is needed.
- All structured activities and programs must be offered through Ntense Workout. No outside instruction permitted.



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Group Workout Studio

- Street clothes are prohibited in all activity spaces.
- Entrance to classes will start 10 minutes prior to the scheduled class time.
- Participants should remain outside the studio doors until everyone from the previous class has exited. A facility monitor will instruct members to enter the studios at the appropriate time. Please come early to reserve your spot.
- Entry is on a first-come, first-served basis. Participants cannot save bikes or spots for their friends.
- Maximum enrollment for Group Workout Classes is up to the instructor and the number for Group Cycling is dictated by the number of cycles. Once the maximum number of participants has been reached, the class will be closed.
- The instructor has the authority to cancel or change a class format if fewer than (3) participants attend.
- In order to ensure the safety of all participants, members who are 10 or more minutes late for class will not be permitted into the studio class.
- Appropriate athletic shoes must be worn in all Group Workout Classes (except Yoga or Pilates). Sandals, dress, and open-toed shoes will not be permitted in the studio.
- For cycling classes, excessively baggy pants and long skirts are not permitted. Cycling shoes may be worn.
- Participants of all classes are strongly encouraged to bring a towel and water bottle to class.
- All personal items should be kept in the provided cubbies. Ntense Workout is not responsible for lost or stolen items.
- Equipment provided in a class (body bars, dumbbells, resistance bands, etc.) may not be taken out of the room.
- Participants are asked to return all equipment to its proper location at the end of each class.
- Only Ntense Workout staff members are permitted to use the stereos in the studios.
- Report any injuries and facility or equipment irregularity to the Group Workout Instructor.
- The following are prohibited in the Group Workout Studio:
 - Personal belongings left on the floor
 - Food or beverage, with the exception of water in an unbreakable bottle
 - Chewing gum
 - Cell phone usage
- For participants' safety, leaving Group Workout Classes before the cool down is strongly discouraged.
- Ntense Workout reserves the right to cancel sessions, adjust the schedule, class formats, and instructors when necessary. Abbreviated schedules of classes may be offered during holidays and breaks. Please refer to the web page or bulletin boards near the studios for class cancellations, schedule changes, and special events.
- Any class that consistently has attendance of fewer than (5) people may be cancelled at any time without notice.
- We reserve the right to turn away anyone who we deem is not wearing appropriate attire or who compromises the safety and professionalism of the Group Workout Areas. Exceptions may be made for religious purposes.
- For your safety and the safety of other members, please follow the instructor's routine and keep conversation to a minimum.
- Participants must be 16 years or older to participate in any class.
- New cycling participants are encouraged to arrive 15 minutes prior to the beginning of class to learn proper cycle set-up.
- To encourage cross-training and to promote all class types, instructors' names will not be on the schedule.
- Participants should consult a physician prior to beginning a new fitness program.

Fitness

- The fitness programs offered by Ntense Workout provide a wide variety of services for all interests and levels of our members. Our fitness area includes a state-of-the-art, full line of Precor cardiovascular and Hoist strength equipment providing and members with a comprehensive fitness facility. Various types of group fitness classes and specialty workshops are also available for participants of all fitness levels.

Group Workout Classes

- Numerous formats are offered throughout the day to allow you to choose the classes which are interesting to you and will fit into any schedule. All Group Workout Classes are included in the Ntense Workout membership at no additional cost.



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Nutrition

- Presentations and seminars on various health issues may be offered throughout the year and are included in the Ntense Workout membership. Sign up for a total-body fitness assessment given by certified personnel. Keep looking for updates on incentive programs, updates and activities, such as.
 - Fitness Assessments
 - Presentations and Seminars
 - Nutritionist Services
 - Incentive Programs

Program Policies and Procedures

- Registration – Sign ups for programs take place at the Ntense Workout Front Desk.
- Cancellations – Ntense Workout reserves the right to cancel or adjust the schedules, program formats, and instructors when necessary. Please refer to our website for updated class and program schedules or cancellations.

Spotting

- At times, the Ntense Workout staff may be required to spot any participants during a lift. The primary responsibility of the spotter is to ensure the safety of the participant. You must recognize any poor execution of lifts in order to reduce the risk of injury.

Orientation

- As a member of Ntense Workout you receive a complimentary orientation upon joining the facility. The orientations are as follows: New User Orientation, Free Weight Orientation, and Special Needs Orientations. Ntense Workout Team will be given training in each specific orientation.

Suspension/Termination

- Failure to comply with the above policies may result in temporary or permanent suspension from Ntense Workout.

Modification of Rules and Regulations

- Ntense Workout reserves the right to amend, alter, supplement or otherwise modify these rules and regulation at its or in its sole discretion as it deems necessary or advisable.