

MHAC Club Rules & Regulations

- The club shall have the unqualified right to make changes to these and all rules, regulations, hours and restrictions in the use of the Club. All signs posted in and around Club shall be considered part of the rules and regulations.
- Charges and fees for services and facilities are subject to change.
- All members are required to check in at the reception desk with Club ID card and a picture on file.
- The Club reserves the right to close for a short period of time including, but not limited to, two (2) weeks each calendar year for maintenance, holidays and special occasions. There will be no reduction in Club fees or membership extensions for such closures.
- There will be no smoking, marijuana, alcohol, chewing tobacco, illegal substances, weapons or firearms in the Club or on club property.
- No bullying, foul, slanderous or demeaning language allowed toward any other member, employee or Club. Any disruption of club experience including, threatening or verbally abusive actions, of any sort of abuse of club property, theft or vandalism will not be tolerated. Club reserves right to deny services to any member or guest if warranted.

Attire: Clothes designed for exercising should be worn. Clothes must cover chest, abdomen areas and completely and cover bottom area. MHAC is a family club and any clothing deemed inappropriate by owners/management will not be allowed. No sandals or open toed footwear allowed on the Cardio or Weight Floors.

Digital Devices/Electronics: Members may not record or take pictures in the Club or adjacent property without management consent. Cell phone usage should not be disruptive to members or staff.

Exercise Rooms: Members are responsible for wiping down equipment and returning their weights to the rack after use. Children ages 12 and under cannot use the cardio or weight room, unless it is during a paid session with our Personal Trainers.

Basketball Courts: Please refer to the Gymnasium for scheduled activities and availability.

Lockers: Day lockers are available. Members must remove contents of day lockers each day or forfeit them. No cell phone usage in locker rooms.

Lost and Found: The club has a bin in the gymnasium where lost and found items are placed. It is emptied and sent to charity monthly. Club is not responsible for recovery of lost, found or forfeited items.

For specific Rules & Regulations in different areas of the facility, please refer to their specific page or posted signs in that area,