

JACKSON *Sport & Fitness* **CLUB**

1068 Vann Dr.
Jackson, TN. 38305
731-984-8383

MEMBERSHIP **POLICIES**

*“ YOUR SUCCESS IS OUR
PASSION.”*

WELCOME

WE ARE PLEASED TO HAVE YOU AS A MEMBER OF OUR CLUB. OUR CLUB IS LOCALLY OWNED AND OUR PROFESSIONAL STAFF IS COMMITTED TO SERVING YOU IN AN ENVIRONMENT THAT IS SAFE, FRIENDLY AND CLEAN.

CLUB HOURS

MON. – THUR. 5:00AM – 11:00PM
FRIDAY 5:00AM - 8:00PM
SATURDAY 7:00AM - 6:00PM
SUNDAY 11:00AM - 6:00PM
Check with Club about holiday hours.

Adult Basketball Gym Hours

Mon – Thurs.	6pm – 9pm
Friday	6pm – 8pm
Saturday	12pm – 6pm
Sunday	2 pm – 6pm

CHILD CARE

Charges for child care are :
1 Child \$2.00
Each additional is \$ 1.00

Members may bring only their children to the child care. Ages for the child care are :
1 month to 4 months - 1 hour maximum stay.
4 months to 10 years–2 hour maximum stay.
Parents must sign children in and out. Child care staff do not change diapers or feed the children. Absolutely no sick children will be accepted in child care.

HOURS

MON. – FRIDAY 8AM-12 4PM – 8PM
SATURDAY 8AM – 12

PERMANENT LOCKERS

Lockers can be rented on a one year rental basis. Please see front desk or Membership for pricing.

FITNESS CONSULTATION

Every new member receives, with their membership, a free orientation of the Lifefitness circuit and cardio equipment and Fitness Assessment with a Fitness Trainer. Members can sign up for these at the Fitness Desk and may go through as many as needed.

PERSONAL TRAINING

Personal Training is available with one of our certified trainers. Appointments can be scheduled at the Fitness Desk.

DRESS CODE

The Club expects that Members dress appropriately for the activities for which they are participating in. No cutoffs or blue jeans are allowed, in that they damage the equipment. Only full coverage tank tops can be worn not altered ones. All Members must wear proper footwear, no sandals or flip-flops are allowed.

GROUP FITNESS CLASSES

Group Fitness and Cycling Classes at the Club are all included in the membership. Schedules are available at the front desk.

GUEST POLICY

All Club members have guest privileges included with their membership. There is no charge for out of town family guest and a \$10 per day fee for in town guest. For in town friends and family 18 yrs and older interested in becoming a member, please see the Membership Director for one time trial passes.

YOUTH POLICIES

Youth are defined by the Club as children ages 11 to 14 years of age. Youth must be supervised by the parent at all times in the facility. Parents must accompany youth to the facility and be on the premises with them at all times. No Children under 11 are allowed in the fitness areas.

TANNING

Tanning packages can be purchased and scheduled at the Front Desk.

1 SESSION	\$ 5.00
1 MONTH	\$ 29.00

BILLING INQUIRIES

Account billing for the Jackson Sport & Fitness Club is done by ASF International. ASF has been in business since 1973 and handles billing for clubs throughout the United States and Canada. For billing or payment questions, they can be contacted at 1-800-525-8967 or myasfaccount.com.

KIDS PROGRAMS

Kids Klub ages and Programs are listed on the Fitness schedule and children participating in these **must** check in at the child care after paying.

CLUB MANAGEMENT

Lance Moore General Manager
lmoore@jacksonsportfitness.com

Darren Williams Membership Director
dwilliams@jacksonsportfitness.com