



Rules, Regulations, and Etiquette

Congratulations on your new membership at CSC! You've invested in your health and we will invest our time and energy into making your new club the place where you'll reach your goals. In an effort for our members to enjoy their time here, we've created a few rules, regulations and etiquette guidelines that we ask everyone to follow.

- Club Hours are **Monday-Thursday 5:30am-10pm, Friday 5:30am-9pm , Saturday & Sunday 8am-8pm**. The fitness floor and pool close 15 minutes prior to club closing, leaving 15 minutes of locker room time. Please plan your workouts accordingly and exit the club on time.
- Proper attire and footwear (no open toe shoes) is required at all times. Proper swimwear must be worn in the pool and hot tub at all times. For classes, sneakers or rubber soled shoes must be worn in the group exercise and spinning studio. Socks and bare feet are allowed in the Yoga Barre studio only.
- Please check in at the front desk upon entering the club.
- Wipe down equipment after use and return equipment to it's proper place. During busy times, please share equipment with others.
- Please limit cell phone conversations to the lobby only.
- The locker room is a shared space. Please limit your locker use to only one per member. Locker keys should not leave the premises. No personal belongings should be left in a locker overnight. If you'd like to inquire about renting a locker from us, please feel free to ask at the front desk.
- Cleansing showers are required before using the pool or hot tub.
- Please register in advance for all classes. If you can't make a reservation, be sure to cancel it, either online or calling the club.
- Please arrive on time for class. If the instructor has already gone through the warm up, late arrivals will not be admitted.
- When classes are busy, please make room for other participants.
- Guests are more than welcome at CSC! Everyone's first visit is complimentary. After that, returning guests may purchase a discounted day pass. Guests must be 18 or older.

Please let us know if there's anything else we can do to improve your CSC experience! We always welcome your feedback, comments, and suggestions!