

ACCESS AND MEMBERSHIP GUIDELINES AT EXTREME STUDIO PERFORMANCE

Extreme Studio Performance offers a well-equipped gym to its members, but to ensure a safe and pleasant environment for everyone, certain access and conduct policies are in place. Adhering to these policies ensures a positive experience for everyone.

Check-In and Identification:

Upon entering the gym, all members must check in at the front desk. It is mandatory to maintain a photo identification on your account. Additionally, your account must be in good standing to access and use the gym.

Guests:

As part of your membership, you may receive certain privileges to periodically bring a guest to the Gym. You must accompany your guest. All guests will be required to check in at the front desk, present proper photo identification and sign a Guest Waiver in order to access and use the Gym and must comply with all applicable Extreme Studio Performance Policies. Without limitation to any additional Extreme Studio Performance Policies, Extreme Studio Performance reserves the right to, in its discretion, (1) limit the Gym and/or hours available to guests; (2) limit the number of times any one individual may access Extreme Studio Performance as a guest; and (3) prevent any individual from accessing Extreme Studio Performance as a guest.

Member Conduct:

You are expected to act in a respectful and socially acceptable manner while using the Gym and to be mindful of other individuals' physical and personal space. You may not engage in behavior or conduct that Extreme Studio Performance, in its discretion, considers unruly or inappropriate, including without limitation: harassing, badgering, antagonizing, taunting, threatening, abusing, touching, or otherwise acting in an aggressive, unsportsmanlike, indecent or inappropriate manner towards any other member, guest, employee or other individual. Extreme Studio Performance reserves the right to remove you from the Gym and/or revoke, cancel, suspend or otherwise limit your membership, and/or notify law enforcement authorities if you engage in any conduct or behavior that Extreme Studio Performance, in its discretion, considers inappropriate, indecent, unsafe, unlawful or otherwise in violation of Extreme Studio Performance Policies.

Cell Phone and Camera Use:

Cell phone and camera use is strictly prohibited in private areas like locker rooms. Using recording devices in such spaces infringes on others' privacy and is not allowed. Filming another individual without their consent is also considered disrespectful.

Personal Property:

Lockers are provided for your convenience, but you are responsible for securing your belongings. Extreme Studio Performance will remove any articles left in lockers overnight. It is advisable not to bring valuable items to the gym, as the gym will not be liable for any loss, theft, or damage to personal property. TO THE MAXIMUM EXTENT PERMITTED BY LAW, EXTREME STUDIO PERFORMANCE WILL NOT BE LIABLE FOR THE LOSS OR THEFT OF, OR DAMAGE TO, ANY PERSONAL PROPERTY OF YOU OR YOUR GUESTS, INCLUDING WITHOUT LIMITATION ANY ITEMS LEFT IN LOCKERS, LOCKER ROOMS, AND ANY OTHER CUBBIES OR GYM FLOOR.

Fire Alarms:

In the event of a fire alarm, immediate evacuation of the building is required. Members using the facilities at that time must leave through the nearest exit door and remain outside until it is safe to re-enter.

Fitness Center Rules & Regulations:

To maintain a safe and clean environment, personal items, food, and glass containers are not allowed on the fitness center floor. Spills must be cleaned promptly, and equipment should be wiped down after use. Proper use of equipment and consideration for others are expected, and excessive noise or inappropriate language is not allowed.

- For safety reasons, personal items, gym bags, back packs and other items should not be on the fitness center floor.
- Always remove any removable plates from barbells after use.
- Proper use of equipment is expected at all times.
- Be courteous to other members around you; excessive noise (grunting, moaning, clanging, or dropping of weights, etc.) is not allowed, nor is using inappropriate language or cursing.

Cardiovascular Equipment Usage Procedures:

Cardio equipment is on a first-come, first-serve basis, and members are requested to limit their usage to 30 minutes when others are waiting. Facility attendants can assist with any concerns. Members should always wipe down the cardio equipment after use.

Weightlifting Policies:

For the courtesy of all Extreme Studio Performance members, weightlifters must re-rack their own dumbbells and weight plates for safety and convenience. Slamming or dropping weights is not allowed, and chalk should be kept in spill-proof containers. A spotter must be used during weightlifting, if you do not have a lifting partner, ask an Extreme Studio Performance staff person to assist you. Loud abusive language is strictly prohibited. Continued failure to abide by Extreme Studio Performance policy may lead to the suspension or termination of your membership.

Report Equipment Malfunctions & Injuries:

All equipment malfunctions, injuries, and accidents must be reported to the Extreme Studio Performance staff immediately.

Dress Code:

Appropriate athletic attire and footwear are required when using gym equipment or participating in group fitness classes or training sessions. Failure to comply may result in denial of participation.

No Outside Trainers: Use of personal trainers who are not employed or contracted by Extreme Studio Performance is strictly prohibited at Extreme Studio Performance. You may not provide personal training services to, or receive personal training services from, any other member or guest, regardless of whether a fee is charged.

Children: A child's parent or legal guardian, will be required to sign a waiver and release form on behalf of your child before your child may participate in any children's programming. Extreme Studio Performance reserves the right to, in its discretion, prohibit any child who is disruptive, unsupervised, sick, or otherwise interfering with the Gym's operations from participating in children's programming.

FREEZING MEMBERSHIP

The following are policies for EXTREME STUDIO PERFORMANCE. Please refer to your copy of the membership agreement for specific details regarding your membership.

Freeze Procedures: Members in good standing (the account must be current) can freeze their membership for specific periods upon their request. Information required for freezing the membership agreement may be sent via email, or certified mail.

Exclusions: You are not eligible for any Freeze if you have a past due/overdue balance or your membership is otherwise not in good standing with Extreme Studio Performance.

Open-End Members:

- Freezes are allowed for any reason.
- Written notice of your request to freeze is required.
- Freeze will begin upon receipt of your written request, and the membership agreement will be frozen from bill date to bill date.
- **There is a \$5.00 charge per month during the months you have frozen.**
- Upon completion of the freeze, the regular payments will be due without prior notification.
- If your membership agreement is on draft, the payments will be drafted automatically.
- Any information sent to ABC Fitness Solutions, LLC. must include your 10-digit membership agreement number.

CANCELLATION PROCEDURES

As an Extreme Studio Performance member, you are encouraged to access your account online by visiting myiclubnoline.com. Click on the My Membership Info Tab in the upper right-hand section. Click on the Request Cancel link, complete the form and submit to request cancellation. If we have an email address on file, you will receive a confirmation email once your request has been successfully submitted.

- **You must submit a 30-day written notice to cancel your membership agreement.**
- You are responsible for any payments during the 30-day period.
- Any information sent to ABC Fitness Solutions, LLC. must include your 10-digit membership agreement number.

To cancel by email or certified letter:

- Contact ABC Financial by email at customercare@abcfinal.com.
- Let them know your name, reason for canceling, and your agreement number: 05272_____
- Please CC gymcoordinator@esffit.net upon completion of cancellation

Please note that your membership is not officially canceled until you have completed the instructions above.

Paid in Full Members/Cash Members:

(The account must be current) Information required for cancellation of the membership agreement may be sent via email, or certified mail.

- Cancellations for Paid in Full/Cash Members are not allowed.
- No refunds will be issued for Paid in Full/Cash Memberships.

3 Day Cancels:

Any information sent to ABC Fitness Solutions, LLC. must include your 10-digit membership agreement number.

Mailing Address:

ABC Fitness Solutions, LLC.

PO Box 6800

Sherwood, AR 72124

Email address: customercare@abcfitness.com

1-888-827-9262