



BONITA NATIONAL GOLF & COUNTRY CLUBHOUSE

FITNESS CENTER & GROUP EXERCISE ROOM RULES

GENERAL

- Open 5:00 a.m. to 10:00 p.m., daily, with Bonita National Member Card, or Guest Pass with valid Driver's License.
- Owners and children 21 years of age or younger who reside in the home, are considered Members. All other family, friends, and visitors are considered Guests.
- During season (November 1–April 30), NO Guests are allowed to use the Fitness Center 8:00 a.m. to 12:00 p.m. Guests are only allowed 5:00 to 7:00 a.m. and 1:00 to 10:00 p.m. During season, Members must check in with Fitness Center staff 8:00 a.m. to 12:00 p.m., presenting Member Cards.
- Guest Pass holders are allowed to bring no more than two minors (ages 13 to 17) who must be accompanied by the Guest Pass holder at all times. Guest Pass holders may not bring guests 18 and over.

In the case of an EMERGENCY, call 911

AED located outside Group Exercise Room

Phones located in Poolside Cafe and Fitness Center Office

Address for emergency personnel: 17671 Bonita National Blvd, Bonita Springs, FL 34135

Members, report all accidents or injuries to Fitness Staff or Pool Cafe Manager on duty
After office hours, Members or Guests should call the Roving Guard: 239-413-8279

- The Association and/or Management is not responsible for any injuries or accidents.
- The Association and/or Management is not responsible for personal property.
- Know your physical limitations. It is suggested that you consult your doctor before starting any exercise program.
- Use equipment at your own risk. Follow equipment directions properly and carefully. Ask for assistance from the Fitness Staff if you are unfamiliar with the equipment.

- Lockers in Restrooms across from Fitness Center are for daily use only.
- Proper fitness attire must be worn including shirts and closed toe shoes.
- No glass bottles or containers allowed. Beverage containers must have spill proof lid.
- No food allowed.
- No pets, other than certified service animals, are permitted in the Fitness Center.
- Do not use weights while on cardio equipment.
- Use disinfecting wipes to clean all equipment immediately after use.
- Return all equipment to the designated places.
- Do not slam or drop weights or equipment on the floor.
- Report damaged or dangerous equipment to management immediately.
- Do not lean against mirror.
- Limit cardio equipment use to 30 minutes if others are waiting.
- Phone calls should be taken outside.
- Use headphones, earphones, or earbuds for all devices.
- No smoking, vaping, or use of any tobacco or drugs. Be cautious if taking medications that could make you drowsy or light-headed.
- Only professionals authorized by Management are allowed to solicit, offer, or provide member services on club property or in club facilities. Activities include but not limited to personal training, classes, or instructions either in person or via any interactive virtual platform.

AGE RESTRICTIONS

- A signed parental/legal consent form is required for all minors (under the age of 18) prior to using the Fitness Center or Group Exercise Room.
- Children must be 13 years of age or older to use the Fitness Center or Group Exercise Room.
- Children 13 to 15 years old must be accompanied by an adult Member or adult Guest Pass holder at all times.

- Children 16 and 17 who are Guests, must be accompanied by an adult Member or Guest Pass holder at all times.
- Children 16 and 17 years old who are Members may use the facilities unaccompanied.

GROUP FITNESS CLASSES AND SMALL GROUP INSTRUCTION

To sign up for group fitness classes and small group instruction, pre-register and pay on the Bonita National Golf & Country Club website or the app (BNGCC). Please see Fitness Center staff if you need assistance.

- Pre-registration (both sign-up and payment) is required to attend group fitness classes and small group instruction. NO drop-ins are allowed.
- During season (November 1–April 30): Guests may only pre-register for group fitness classes within 24 hours prior to class if space is available. Guests may only pre-register for small group instruction after the registration deadline for members is passed if space is still available. Guests must be pre-registered through your Member account.
- Members may register for classes based on availability. If there is no availability, you will be placed on a wait list and will be notified by the system if a space becomes available.
- A minimum of three (3) participants must be registered by 6:00 p.m. the day prior, for a class to take place, or the class will be canceled.
- Registrants will be charged in full for reservations canceled less than 24 hours prior to group fitness class or small group instruction. If Bonita National Fitness cancels for any reason, registrants will be credited for the charge.
- Members and Guests must check in prior to class with instructor, presenting Member Cards and/or Guest Passes with valid Driver's License.
- All group fitness classes are 50 minutes unless otherwise noted.
- Small Group Instruction is limited to 3-4 people and paid in total in advance for a specified number of classes within a session that has a limited duration (i.e., 1x/week for 6 weeks, 2x/week for 4 weeks, etc.).