



SAUNA RULES

- Emergency, call 911 – AED located outside group exercise room
- Address for emergency personnel: 17671 Bonita National Blvd.
- Report all accidents or injuries to the Administrative Office: 239-692-8832.
 - After hours, contact the Roving Guard 239-413-8279, 4:00-10:00 pm
- Hours: 4 AM – 10 PM
- People with diarrhea, open sores, cuts, or contagious diseases are not allowed.
- Showers are required prior to entry into the Sauna.
- Members aged 16 and up may use the sauna unaccompanied with a valid Member Card.
- Members under the age of 16 must be accompanied by an adult Member or Guest Pass holder.
- All guests 18 and up may use the sauna unaccompanied with a valid Guest Pass.
- All guests under the age of 18 must be accompanied by an adult Member or Guest Pass holder.
- No pets, food or beverages in sauna – all glass items prohibited.
- It is recommended that pregnant women, persons with health problems, using alcohol, or drugs which may cause drowsiness, should consult a physician before using sauna.
- No smoking, vaping, drugs, or alcohol.

SCAN here for a list of the Emergency numbers:



06.16.2026

17501 Bonita National Blvd, Bonita Springs, FL 34135