

# General Club Information

# CLUB INFO

## What To Wear

The clothing you wear at Universal should be family-friendly, comfortable, safe and appropriate for your activity. For safety reasons, closed-toe shoes must be worn in fitness areas and during group fitness classes (with the exception of Yoga, Pilates and BODYFLOW classes).

## Check-In Procedure

Upon entering the club, all members and guests, regardless of age, are required to stop at the front desk to either swipe their card or through the club app. and/or confirm their appointment in the building. All guests (adults and children) are required to have a waiver on file at the front desk.

## Bringing Guests

Universal welcomes your guests. Please see Guest Rates tab for details

## Please Be Considerate Of Others

Out of respect for other members, please refrain from using foul language, dropping weights and dumbbells, and using chalk in the fitness area. When using strength training equipment in our fitness areas, please allow others to “work in” with you. Follow the circuit etiquette guide lines in the circuit studio. Refrain from lengthy cellphone use while working out.

## Class Schedules

All of our class schedules are posted on our website and mobile app. Download our app for free in your app store. Search “Universal Athletic Club.”

## Parking

Universal provides a very large parking lot for the convenience of our members. You may experience that the lot will become very full during peak times. Feel free to park along the perimeter of our lot. Out of courtesy to our neighbors, please do not park in The Village of Olde Hickory or The Shoppes at Landis Valley while using the club, as those lots are reserved for their patrons. Please drive slowly in our parking lot at all times, and be aware of one way direction heading into the club from Oregon Pike.

## Towel Service

Towel rental is \$1.00 per visit for a set of towels (one hand towel and one bath towel) or \$5.00 bi-weekly for individual unlimited service. Please pick up and drop off towels at the front desk.

## Family Changing Rooms

Family Changing Rooms are provided inside the Aquatics Center area. We ask that you refrain from bringing boys ages 2 and older in the ladies locker rooms, or girls ages 2 and older in the mens' locker rooms.

## CPR & AED's

For the safety of our members and visitors, all of our employees are certified in CPR. We have 3 Automated External Defibrillators (AED's) inside our club, located behind the front desk, by the pool office and across from Thrive.

Thank you for your cooperation in making Universal an enjoyable, safe and stress-free environment for all of our members.