



CENTER FOR  
**ACTIVE**  
ADULTS

# 125 LIVE MEMBERSHIP GUIDELINES

PLEASE READ OUR MEMBERSHIP GUIDELINES TO UNDERSTAND WHAT YOU CAN EXPECT FROM 125 LIVE AND WHAT WE ASK OF OUR MEMBERS.



Welcome to 125 LIVE,

Thank you for choosing to be part of Rochester’s fastest growing community of healthy adults. 125 LIVE is a friendly and inviting destination that offers a wide range of programs, special events, and learning opportunities.

125 LIVE is excited to provide you with a variety of programming, the most current of which can be found in our monthly schedules and activity guides at Membership Services or online. Please note that hours are subject to change based on facility programming and rentals.

To make certain your 125 LIVE experience is the most it can be, we ask that you review the attached expectations prior to joining.

If you have any suggestions, recommendations, or comments, please do not hesitate sharing them with one of our helpful team members. We very much look forward to meeting you.

Sincerely,

Sylwia Oliver-Bujak, Executive Director

125 LIVE | 125 Elton Hills DR NW, Rochester, MN 55901 | (507) 287-1404 | [125livemn.org](http://125livemn.org)

# WELCOME TO 125 LIVE!

## ALL MEMBERS

### Start at the Member Services Desk

- Pick up the latest monthly schedules, including social, pool, and group fitness calendars. Don't forget to check our monthly program guide for upcoming special events, which may be open to both members and nonmembers.
- Register for paid activities/ programs by going online to <https://125livemn.org/> and clicking on Activity Registration to set up your 125 LIVE account or by stopping by or calling Membership Services at 507-287-1404. If you have a credit/ debit card on file, you can also E-mail [info@125livemn.org](mailto:info@125livemn.org) to register.

### Social Members

- If you are interested in specific games or groups, you can either arrive at the scheduled times to join them or we will have the volunteer leaders contact you.

### Fitness Members

- Request a **Fitness Consultation**- This is to establish your goals and identify limitations to determine the best way to add value to your 125Live experience. Sign up for this free 30-minute consultation to find out if working with a personal trainer could help you reach your fitness goals, or perhaps learn more about small-group personal training.
- **Fitness Equipment Orientation**- If you would like to gain a functional understanding of the fitness equipment, a personal trainer will guide you through a 30-minute demonstration where you get to learn how to use our fitness equipment safely and effectively.

# WHY IS IT ESSENTIAL TO SCAN MY CARD WHEN I ARRIVE AT 125 LIVE?

- **For your safety and ours** - It is critical that first responders and staff are aware of who is in the building when there is an emergency.
- **It keeps the lights on** - Participation in our fitness reimbursement programs (such as Silver Sneakers or One Pass) is crucial for 125 LIVE to receive financial support.
  - Each time you scan in, 125 LIVE receives a modest financial payment. **It's important to note that insurance companies do not remit payments to 125 LIVE unless members scan in.**
  - Additionally, each plan has a financial limit per person, regardless of the frequency of scans per month. Consequently, the maximum amount 125 LIVE receives per member is slightly over half of the standard fitness membership cost.
- **Planning for the future** - We modify staffing levels, operational hours, and program offerings in response to the volume of scans per hour, month, and year.

## Membership Card Policies



Members are required to scan their 125 LIVE membership card every time they enter.

- If you forget or misplace your membership card, you must complete the manual scan form, which is recorded in your membership profile. Members are permitted three (3) manual scans within six (6) months before it becomes necessary to either retrieve the card or acquire a replacement card for a fee of \$10.
- If you lose or damage your membership card, a replacement card is \$10.
- Key ring membership cards are available for \$5 to be used as a backup card.  
**Lanyards are still to be worn during non-fitness activities and are required for all social activities. Key ring card use is for backup.** Badge clips are available for \$5.
- Twice per year, 125 LIVE hosts a complimentary card printing event, allowing members to obtain a backup card at no cost.
- Members are required to have their photo on record and printed on their membership card.
- Any misuse of membership privileges will result in the card being revoked and membership terminated.

# EXPLORE

## SOCIAL MEMBERS

- Join one of the dozens of interest groups we host weekly, such as woodcarvers, square dancers, quilters, knitters, card players, puzzle builders, genealogists, tech gurus, Young at Heart Choir, billiards players, photography buffs, musicians, book clubbers, and artists.
- You have full access to our library and Technology Learning Center, both of which are on the lower level.
- Get in touch with your creative side by taking an art or pottery class in our stunning studios.
- Enjoy our Friday concerts while socializing, drinking coffee, or reading the newspaper.
- Take part in one of our social gym activities like pickleball or ping pong.
- Explore one of our many educational classes offered each month.

## FITNESS MEMBERS

- Join one of our 100+ fitness classes weekly, which are included in your fitness membership (unless class requires registration). Almost all classes are older adult friendly. However, all classes vary in intensity. Our instructors can provide multiple modifications.
- Play pickleball and ping pong (check schedule for times).
- Meet with a personal trainer to help you achieve your fitness goals.
- Use our weight machines, free weight section, hop on a treadmill to get your steps in, or go for a run.
- Try the warm water pool, in which you will find specific times for lap swimming, open swim, and multiple aqua classes daily.
- Explore the outdoor walking trails.
- Enjoy one of our many outdoor fitness events during the warm weather months.

## CONNECT



Complimentary Wi-Fi is available to all 125 LIVE members and guests

### **Name**

125 Guest

### **Password**

125internet

## HEAR



Most rooms at 125 LIVE are equipped with Hearing Loop technology

### **Hearing Device**

If you have a hearing device, turn your "t-switch" on to activate the t-coil

## SECURE



We want your belongings to be safely stored, so please take advantage of complimentary and secure day-use lockers.

125 LIVE is not responsible for lost or stolen items.

### **LOCK**

- Press (c) clear
- Enter a four-digit code of your choosing
- Press **key** symbol

### **UNLOCK**

- Press (c) clear
- Enter your four-digit code used to lock the locker
- Press **key** symbol

Please note there is an option to rent one of our lockers

# Member's Acceptance of Rules and Policies

Upon acceptance of this application by 125 LIVE, the member hereby agrees to the terms and conditions of this agreement. The member acknowledges the membership rights and privileges and agrees to abide by all rules and policies of 125 LIVE, which are subject to change without notice. Our policies are also located on our website: [www.125livemn.org](http://www.125livemn.org).

## Right to Refuse

As a private entity, 125 LIVE reserves the right, at our sole discretion, to refuse service and/ or membership to any individual with or without reason.

## Assignment of Agreement

Members are not permitted to sell, assign, or transfer their membership rights under this agreement. Violation of this policy may result in the termination of their membership.

## Governing Law

This agreement shall be construed and enforced in accordance with the laws of the State of Minnesota.

## Non-Discrimination

125 LIVE welcomes membership applications from any individual or business of good character and responsible credit background, regardless of race, creed, color, gender, age, marital status, sexual orientation, public assistance status, disability, or national origin.

## Indemnity

Members agree to indemnify, hold harmless, and defend 125 LIVE against any and all claims, losses, damages, injuries, costs, and expenses, including court costs and reasonable attorney's fees, arising from or related to the actions or omissions, whether negligent or otherwise, of the member, member's guests, or anyone else for whom the member may be responsible. This obligation will continue even after the termination of this agreement.

## Photo ID

All members, guests, and caregivers are required to present a photo ID to be granted access to the building. This applies to, but is not limited to registering for membership, utilizing a guest pass, performing caregiver services, and participating in activities as a nonmember.

## **Damages**

125 LIVE is not liable for lost, stolen, or damaged items or property within the facility, parking lot, or off-site.

## **Emergency Closure Refund Policies**

Refunds are not issued for short-term closures due to weather, emergencies, or city/ state mandates.

## **COVID-19 Potential Long-Term Closure Refund Policies**

If 125 LIVE is required to close for an extended period due to an Executive or Emergency order, 125 LIVE shall move its programming online. If members are not satisfied with this procedure, they may choose to opt out and follow the regular suspension or cancellation policy. Requests can be made in person, via traditional mail, or via email to [membershipservices@125livemn.org](mailto:membershipservices@125livemn.org). Requests must include the member's name, date of birth, membership type, and a request to suspend or cancel membership. Refund requests must be submitted within 30 days of the closure's start. After this period, 125 LIVE will assume that members are utilizing the online services.

## **Dues**

Members are required to pay membership dues as determined by 125 LIVE, including the amount, payment method, and schedule, which may be subject to change. A member's obligation to pay dues remains unchanged regardless of the availability of all of 125 LIVE's facilities. Special events, repairs, or maintenance of the facilities may necessitate restricting access to certain areas or temporarily closing the center. This will not reduce or suspend the member's obligation to pay dues.

## **Delinquent Accounts**

If a member fails to make payment within thirty (30) days, their account will be considered delinquent and will be subject to involuntary suspension or termination. If the member does not respond to 125 LIVE's attempts to contact them regarding the overdue balance, the membership will be terminated at our discretion. The member will not be permitted entry to the facility for the duration of the membership being past due until reconciled. The member will be responsible for all collection costs, including attorney fees, collection fees, and any fees from add-on addendums. All past-due balances must be settled before the member would be eligible to reinstate their membership.



## **Late or Return Item Charges**

Late fees will be assessed to the member for a returned check or credit card draft as a result of insufficient funds, closed accounts, inaccurate credit card disputes, or similar circumstances.

## **Enrollment Fee**

A \$50 enrollment fee is required for all new memberships (unless otherwise determined by a fitness reimbursement program or partnership with 125 LIVE). The enrollment fee must be paid in full at the time of enrollment with 125 LIVE. If the membership lapses for more than sixty (60) days or if a secondary member is added after the initial enrollment fee has been paid, the member is subject to the enrollment fee or change of membership fee as determined by 125 LIVE.

## **Change of Membership Requests**

Members have the right to change their membership type after their current membership type has been active for at least sixty (60) days. To request a change, members must complete a change of membership form in person at the Membership Services desk or via email to [membershipservices@125livemn.org](mailto:membershipservices@125livemn.org). 125 LIVE does not accept phone requests for changes of membership, voluntary cancelation, or voluntary suspension.

## **Change of Membership Process**

All change of membership requests must be submitted by **the 20<sup>th</sup> of the month** to be effective on the 1<sup>st</sup> of the upcoming month. Membership status changes must remain in effect for sixty (60) days or two billing cycles following any change. Downgrade requests will be processed and take effect on the first of the upcoming month if submitted by the 20<sup>th</sup> of the month. Members may choose to upgrade their membership immediately. Members who upgrade will pay the difference in pro-rated dues between their existing membership and the new membership. A \$10 membership change fee will be applied to cover the administrative costs of processing the change, including issuing a new membership card and lanyard.

## **Suspending Membership**

Members may suspend their membership after two (2) full billing cycles or sixty (60) days from the original date of joining by submitting a **Membership Suspension Form**. Members may suspend their membership once within a 12-month period for a duration no less than one (1) month and no more than three (3) consecutive months at no cost to renew.

Suspensions **longer than three (3) months** may be taken but will incur a **\$50 renewal fee**. Additionally, a second suspension within the same 12-month period will also be subject to the **\$50 renewal fee upon returning**. To initiate a suspension, members must complete a membership suspension form between the 1<sup>st</sup> and 20<sup>th</sup> of the month prior to suspending dues. 125 LIVE does not accept phone requests for changes of membership, voluntary cancelation, or voluntary suspension.

### **Cancelation: Voluntary**

Members may terminate their membership after two (2) full billing cycles or sixty (60) days from the original date of joining by submitting a **Membership Cancelation Form**. Members who pay monthly and cancel before meeting the 60-day requisite will incur an early cancelation fee of \$50. Similarly, those who've purchased an annual membership and cancel before the full term of the membership will also be charged a \$50 early cancelation fee. To be effective by the 1<sup>st</sup> of the upcoming month, all cancelation requests must be submitted by the **20<sup>th</sup> of the month**.

To cancel your membership, please complete the cancelation form in person, email it to [membershipservices@125livemn.org](mailto:membershipservices@125livemn.org), fill it out online at [125livemn.org/membership-cancellation/](https://125livemn.org/membership-cancellation/), or mail it to 125 Elton Hills Dr. NW, Rochester, MN 55901. Notices received between the 1<sup>st</sup> and 20<sup>th</sup> of a given month will be effective at the end of the same month. A notice received between the 21<sup>st</sup> and the end of a given month will be effective at the end of the next month. Voluntary termination will only take effect after the notice period has expired and all required payments have been made to 125 LIVE by the member.

### **Involuntary Termination or Suspension**

125 LIVE reserves the right to suspend or terminate membership at any time without notice for reasons including, but not limited to the following. A suspended or terminated member remains responsible for all dues and other indebtedness incurred.

- Failure of a member or their guest(s) to comply with 125 LIVE policies and guidelines.
- Engagement in conduct by a member or their guest(s) deemed improper or contrary to the best interests of 125 LIVE.
- A member who is thirty (30) days or more overdue on their membership account.
- Abuse of membership privileges associated with their membership type (e.g., using the fitness center while only having a social membership, attending social activities as a fitness member without paying the non-member registration fees).

## **Corporate Membership Discounts**

125 LIVE partners with several local organizations, which may offer eligible members discounted membership rates. Membership discounts **cannot** be combined. If a member qualifies for more than one discount, they may elect to use the highest discount available, but cannot combine them. In the same manner, corporate membership discounts cannot be combined with the 10% discount when purchasing an annual membership. For corporate membership discounts, the annual rate is calculated as the monthly rate multiplied by twelve.

Corporate membership discounts at 125 LIVE are subject to the terms outlined in the agreement with the respective partner organization. To ensure compliance and proper application of discounts, 125 LIVE will conduct periodic audits of eligible members in accordance with the timeline established within the partnership agreement. These audits are designed to verify ongoing eligibility and adherence to the terms set forth by both 125 LIVE and the partner organization.

## **Annual Membership Audit**

125 LIVE conducts an annual membership review for all membership types that involve reimbursement to 125 LIVE. Those membership types are assessed for recent attendance or inactivity at 125 LIVE. Members with insurance-reimbursed fitness-only memberships who have not actively used their membership within the one year leading up to the audit may be subject to membership termination. However, those individuals can apply for membership reinstatement at any time by submitting the necessary documentation to verify their eligibility for insurance reimbursement.

## **Plan to Scan | Member Scan-In**

Members are required to scan their 125 LIVE membership card each time they arrive.

- If you forget or misplace your membership card, you are allowed three manual scans within 6 months before you must retrieve the card or purchase a replacement.
- If you lose or damage your membership card, you must purchase a replacement card for \$10.
- Members are required to have their photo on record and printed on their membership card.
- Misuse of membership privileges will result in the revocation of the card and termination of your membership.

## **Waiver of Liability**

The member acknowledges that while 125 LIVE's facilities, equipment, services, and programs are designed to provide a safe and beneficial exercise experience, there is an inherent risk that their use may lead to injury or even death. Members are strongly encouraged to have a complete physical examination by a medical doctor prior to beginning any workout program or strenuous activity.

It is explicitly agreed that all exercises, treatments, and use of equipment and facilities at 125 LIVE are undertaken at the sole risk of each member. Members assume full responsibility for any injuries they may incur while using the equipment and/ or facilities of 125 LIVE. The City of Rochester, 125 LIVE, and their officers, employees, and agents shall not be liable for any claims, demands, injuries, damages, actions, or causes of action arising out of or connected with the use of any services equipment, and/ or facilities of 125 LIVE, or the property or premises where they are located.

Members expressly and forever release and discharge the City of Rochester, 125 LIVE, and their officers, employees, and agents from all such claims, demands, injuries, damages, actions, causes of action, and any acts of negligence, whether active or passive, and any other fault on the part of the City of Rochester, 125 LIVE and their board members, employees, and agents.

## **125 LIVE Usage Thereof**

125 LIVE is available to both members and nonmembers, all of whom must check-in upon arrival. Members must scan in at the **Plan to Scan** branded kiosk located at the Membership Services desk at the main level entrance. Nonmembers must purchase a day pass or present a guest pass at the Membership Services desk upon entering the facility.

## **Activity Areas**

125 LIVE members are encouraged to participate in as many of the opportunities as possible. Please note that access to the fitness center, swimming pools, and locker rooms requires a FITNESS membership unless otherwise specified (e.g., free family days).

## **125 LIVE Fitness Etiquette**

To ensure a welcoming environment for all 125 LIVE members and guests, we ask everyone to adhere to certain standards of conduct. Promoting fitness etiquette helps break down barriers, encouraging more people to use our facilities while maintaining a comfortable, professional atmosphere.

- **Personal Belongings:** Please store your gym bag and personal items in the lockers, not in the exercise spaces. Items left out create tripping hazards or cause spills.
- **Locker Room Tips:** Use Post-It notes or the whiteboard to remember your locker number. If you have trouble unlocking your locker, phones on the wall in the locker rooms can be used to call for assistance. You will be required to identify the contents of your locker and may be asked for a photo ID to verify ownership.
- **Appropriate Attire:** Wear proper workout clothing, including clean athletic shoes. Ensure you have a change of shoes during the colder months so that snow, ice, and mud are not tracked into the fitness studios, which would create slip hazards.
- **Hygiene:** Maintain good hygiene by washing your hands to reduce the spread of germs. Be mindful of strong fragrances, as they may affect members who have respiratory sensitivities.
- **TV and Music:** If you wish to change the TV channel, please ask others in the area if they mind. TVs should remain muted with subtitles on. For personal music or entertainment (including news programs), use your own device with headphones.
- **Locker Use:** Lockers are for day use only. Items left in lockers at the end of the day will be placed in the lost and found (*refer to lost and found policy for more info*).
- **Questions:** If you're unsure about anything, please ask an employee for guidance.

## **Fitness Center**

- **Sharing Equipment:** Allow others to use fitness machines between your sets. Avoid resting on equipment or leaving personal items on benches or machines.
- **Cardio Machines:** During peak hours or when all machines are full, please limit your use of cardio equipment to 30 minutes maximum.
- **Cleaning Equipment:** For the safety of all members, please clean equipment with the provided towels and disinfectant after each use – no exceptions.
- **Return Equipment:** After use, return all equipment (weights, dumbbells, yoga mats, kettlebells, etc.) to its designated storage location or where you obtained it from.
- **Conversations:** To minimize the risk of injury, wait until someone finishes their exercise before initiating a conversation.

- **Cell Phones:** Take personal calls in the lobby or outside – not in the locker room. Cell phone use in locker rooms is prohibited (*refer to cell phone policy for more info*).
- **Equipment Use:** Please refrain from correcting others on their use of equipment unless it's your job or someone's safety is at risk. Our staff is available to assist members who may need help.
- **Dumbbells and Weights:** Place dumbbells and weight plates back in their designated locations after use. Always put away equipment you use where you retrieved it from.

## **Fitness Studios & Classes**

Group fitness programs often have limited space and operate on a first-come, first-served basis. Some fitness programs require registration. For questions about registration, please speak with the Membership Services team.

- **Class Entry:** Allow participants from the previous class to exit before entering the studio.
- **Instructor Guidelines:** Listen carefully to announcements made by the fitness instructor before the class begins. They will often share important operational updates.
- **Personal Items:** Keep your water bottle and towel secured to avoid tripping hazards or spills during the class.
- **Group Etiquette:** Remember that classes are designed for a group setting, and instructors need to focus on the majority of participants. Do not interrupt the instructor during exercise unless it's an emergency. If you need modifications or assistance, please raise your hand or ask after class.
- **Cleaning Up:** Wipe down any equipment you used and return it to its original location, especially if you brought it from another room.
- **Attitude:** Stay positive. If a class isn't for you, remember that we offer over 100 classes weekly with a variety of instructors.

## **Swimming Pools**

- **Showering:** Participants are required to shower before entering the pool.
- **Pool Rules:** Follow the designated rules for lap swimming, open pool times, and aqua classes.
- **Scheduled Pool Use:** Use the pool ONLY during 125 LIVE's designated times, even if the pool appears empty. The pool operates on a strict schedule, and all members and guests must adhere to those hours or risk action being taken against their membership.

## **125 LIVE Policies and Procedures**

### **Facility Hours**

125 LIVE has set hours of operation that are posted within the facility and are available on our website. All members and guests are required to vacate the facility by the posted closing time. You must complete your workout, finish using all equipment, and conclude any other activities in time to be out of the facility by the designated closing time. Please plan your visit accordingly to ensure you have ample time to gather your belongings and exit the premises before closing. Staying on equipment, entering the shower, or continuing any activity at or after the posted closing time is not permitted.

## **Code of Conduct**

Members and guests are expected to conduct themselves in a polite, respectful, considerate, and cooperative manner while participating in 125 LIVE programs and services. Acts of violence, disrespect for authority, disorderly conduct, misuse or abuse of facilities or equipment, and the use of foul language or gestures will not be tolerated. 125 LIVE reserves the right to remove individuals from facilities, programs, and services with suspension periods determined by the 125 LIVE leadership team.

## **Competitive Behavior**

125 LIVE offers a variety of activities and groups that involve some level of competition such as card games, billiards, and ping pong. While participants have different skill levels and abilities, the primary goal is to have fun and enjoy each other's company. Friendly competition can enhance the experience as long as good sportsmanship is upheld. Be patient and supportive of both teammates and opponents, avoiding any degrading, critical, or demanding behavior. If you're interested in more competitive play, reach out to our Program Manager to explore the possibility of forming a separate group where a higher level of competition is expected.

## **Disorderly Conduct**

Disorderly conduct is unacceptable and will be sufficient cause for removal from 125 LIVE. Disorderly conduct includes (1) brawling or fighting; (2) disrupting an assembly; (3) engaging in offensive, obscene, abusive, boisterous, harassing, or noisy behavior or using offensive, obscene, threatening, or abusive language that may harass or provoke alarm, anger, or resentment in others; (4) behaving in a negative, non-cooperative, or disrespectful manner; (5) bullying; or (6) failing to welcome new participants or others to activities and activity areas.

## **Group Conduct Expectations**

Multiple social groups are active at 125 LIVE, with some having designated leaders to assist staff in developing and implementing activities or programs. These group leaders act as liaisons between participants and 125 LIVE leadership. All group leaders and 125 LIVE volunteers are expected to follow the policies outlined in the member and volunteer guidelines. Additionally, all communication, fundraising efforts, purchases, special events, and outside activities must align with 125 LIVE standards and receive approval from the 125 LIVE leadership team (*reference petitions, surveys, fundraising, & solicitations policy for more info*).

## **Inappropriate Behavior**



Inappropriate behavior includes any actions that disrupt participants, volunteers, or staff at 125 LIVE, including but not limited to:

- Violation of 125 LIVE policies
- Solicitation for personal or improper purposes
- Disorderly conduct
- Committing any crime, misdemeanor, or violating City of Rochester ordinances
- Indecent exposure
- Use of offensive, loud, or abusive language (including shouting)
- Physical harm or threats to others or oneself
- Threatening or intimidating behavior
- Poor or offensive personal hygiene
- Theft or damage 125 LIVE property

If you feel uncomfortable due to the language or behavior of others, please notify staff immediately. Individuals demonstrating inappropriate competitive behavior, disorderly conduct, or inappropriate behavior may be subject to the following:

**1<sup>st</sup> Offense:** You will be asked to leave the facility and may not return for 24 hours.

**2<sup>nd</sup> Offense:** You will be suspended from the facility until further notice.

**3<sup>rd</sup> Offense:** Your 125 LIVE membership and participation privileges will be revoked.

Please note that these steps are subject to internal review. If the inappropriate behavior or disorderly conduct is considered egregious, 125 LIVE leadership reserves the right to escalate the action taken, even if there have been no prior offenses.

### **Alcohol / Controlled Substances**

Alcohol and/or controlled substances are not permitted on site. Individuals who appear intoxicated will be asked to leave. However, alcohol may be served or sold at 125 LIVE-sponsored activities or events. In these instances, moderate consumption is allowed and will be enforced in accordance with 125 LIVE's liquor license.

### **Animals**

Only service animals wearing a properly issued service vest and trained to assist individuals for their intended purpose are permitted at 125 LIVE. Exceptions may be made for specific

programs or situations at the discretion of staff. 125 LIVE adheres to the Minnesota state guidelines regarding service animals.

### **Cell Phone Usage**

The use of cameras, cell phone cameras, and video or still photography is prohibited in all fitness areas, including the swimming pools and locker rooms, to ensure personal privacy. To respect other members and guests, you are required to move to a public area for phone calls. Only 125 LIVE staff are authorized to take photos of activity participants, in accordance with the member agreement. If you do not wish to be included in these photos or publications, please remove yourself at the time the photos are taken.

### **Dress Code**

The 125 LIVE dress code aims to ensure that all members feel welcome and comfortable. Our goal is to create a safe, non-intimidating, and inclusive environment where individuals of all ages, body shapes, and sizes can feel secure. We ask that all members wear comfortable attire while participating in activities. 125 LIVE staff have the authority to determine what constitutes appropriate attire to ensure the best interest and safety of all participants.

#### **UNACCEPTABLE CLOTHING:**

- Cut-off shorts or jean shorts
- Bare-midriff tops
- Revealing open-back tops or open-back tank tops
- Sheer/lace see-through type tops or shorts
- Wearing only a sports bra without a top
- Large or bulky jackets, bags, or accessories that may pose a tripping hazard
  - *See locker policies for more info regarding the storage of personal items.*

### **Footwear**

Proper footwear is required in the fitness center, group fitness studios, and throughout 125 LIVE. To minimize the risk of infection and maintain safety, clean, dry shoes must be worn in the fitness center and group fitness studios. Exceptions may apply to fitness classes where shoes are not worn (e.g. yoga). The following types of footwear are considered unsafe and are not permitted for fitness activities:

- Dress shoes
- Street shoes

- Open-toed or backless shoes
- Boots of any kind
- Crocs and flip-flops

All members and guests must bring a separate pair of clean shoes specifically for fitness activities, especially during colder months. This helps prevent hazards from wet or dirty floors caused by snow, salt, sand, and other weather-related debris.

### **Emergencies**

When the alarm sounds or staff provide instructions, please follow directions immediately. Evacuation routes are posted near the light switch in every room throughout 125 LIVE. If you have any questions about emergency procedures, please check with 125 LIVE staff.

### **Food & Beverages**

Water bottles and covered sports drinks are permitted in all fitness areas. However, coffee is not allowed in the fitness center or fitness studios. All other food and beverages should remain in designated eating areas or meeting rooms. Participants are responsible for cleaning any areas they use. The commercial kitchen operates under specific food and beverage policies, and its use must be approved by 125 LIVE staff while meeting all designated requirements.

Members and guests are welcome to bring their own food and drinks, whether homemade or purchased, to enjoy during activities. Please note that 125 LIVE does not offer amenities for storing or heating food or beverages, in accordance with the Olmsted County Public Health Services. All serving ware and utensils must be provided by the member or guest.

### **Guest Policy**

Non-members may use a guest pass provided by a member or staff up to three (3) times per calendar year. After reaching the limit, individuals will be required to purchase a daily pass or sign up for a membership. Reduced-rate memberships are available for those who qualify. Existing members may also request up to three (3) guest passes per calendar year to participate in activities beyond the scope of their current membership. Please note, this does not apply to fee-based activities.

### **Indecent Exposure**

Indecent exposure, including the removal or adjustment of clothing in a manner that results in exposure in any area where it may be seen by others, is strictly prohibited.

### **Independence**

125 LIVE is designed to serve independent adults. Participants are expected to manage their own personal care, including hygiene, toileting, continence, feeding, and mobility. Participants are expected to be capable of independent decision-making, entering and exiting the building independently, and planning their own activities. Individuals with special needs or limited capabilities, whether mental or physical, may need to bring a caregiver or personal care attendant with them to provide necessary assistance. Anyone acting as a caregiver for another member must check in at Membership Services and be assigned a caregiver pass. 125 LIVE does not provide assistance with medication or other personal health and medical care.

### **Injury**

If you are injured while on the premises, please notify staff immediately. A 125 LIVE team member will provide or coordinate the necessary medical assistance. You will also be required to complete an **Incident Report Form**, which will be documented in your member profile.

### **Lockers - Day Use**

For your convenience, **Day Use Lockers** are available in several areas of the facility. These lockers are intended for short-term use during your visit to 125 LIVE and will be cleared out at the end of each business day. 125 LIVE is not responsible for any lost, stolen, or damaged personal property, whether from lockers, vehicles, or other locations on the premises or at off-site program locations. Personal supplies or equipment should not be stored in rooms or cabinets, except in the pottery studio. There are lockers available for rent to store your personal items for an extended period. Please inquire at the front desk for pricing and rental procedures.

#### **TO LOCK LOCKERS:**

- Place your items in an available locker.
- Press C (clear)
- Enter any 4-digit code of your choice
- Press the “key” symbol.

#### **TO UNLOCK LOCKERS:**

- Press C (clear)
- Enter your 4-digit code you used to lock the locker.

- Press the “key” symbol.

## **Lockers - Rentals**

Lockers are available for art, billiards, and fitness with a \$15 refundable key deposit:

- **Billiards Locker:** \$30 annual fee. There is no monthly rental option.
- **Tall Art/ Fitness Locker:** \$15 monthly or \$150 annual fee.
- **Short Art/ Fitness Locker:** \$10 monthly or \$100 annual fee.

Monthly locker rentals must be set up via automatic monthly billing or one-time annual payment. Key duplication is prohibited and may result in membership suspension or termination. Lockers will be assigned by a 125 LIVE staff member on a first-come, first-served basis. Requests for specific lockers will be considered and are subject to availability.

Unpaid lockers will be emptied upon expiration and items will be placed in lost and found for up to thirty (30) days. Unclaimed items will be either disposed of or donated. Flammable or unsafe items are not allowed in lockers. 125 LIVE staff reserve the right to inspect lockers without prior notice to members.

## **Loitering**

125 LIVE enforces a no-loitering policy for non-members. Individuals are not permitted to linger aimlessly or idle in any gathering spaces within 125 LIVE. Loitering includes wasting time or passing time without a specific purpose. Entrances, doorways, and stairs must remain clear at all times.

125 LIVE members are welcome to use the library/lounge area and other common lounge and waiting areas, as well as the space outside the room where their upcoming activity will take place. Sleeping or napping on the premises is not permitted.

## **Lost & Found**

Items left behind in activity areas or lockers will be placed in the lost and found. Items found or turned into Membership Services (excluding valuables) will be available on the lost and found table located past the locker rooms. Items that remain in the lost and found for more than thirty (30) days will be collected and discarded or donated to a local charity.

## **Noise**

Multiple activities occur simultaneously in various spaces at 125 LIVE. If your program is disruptive to another group, you may be asked to lower the volume. Cell phones are permitted

in activity areas, but we ask that you be respectful of the individuals and activities around you. If you need to take a call during your activity, please step outside and keep the conversation brief and quiet. During presentations or classes, kindly turn off your cell phone or set it to silent (*reference cell phone policy for more info*).

### **Non-Discriminatory Practices**

125 LIVE welcomes everyone, with a focus on enhancing the lives of active adults. The facility is ADA accessible, and access to programs will not be refused based on race, color, creed, religion, national origin, sex, sexual orientation, marital status, physical or mental disability, or receipt of public assistance. We will provide assistance and accommodations for disabilities as required by law.

### **Parking and Entrances**

ADA-accessible parking is available near both the main level entrance, and adjacent to the Rochester Recreation Center. Members and guests are welcome to park in whichever location is most convenient for them.

The main level entrance is the primary access point for all 125 LIVE members and guests. This is the only entrance that 125 LIVE members and guests are permitted to access freely. The lower-level entrance at 125 LIVE is a controlled-access entrance that requires a lower-level entrance pass to be escorted into the building by a 125 LIVE staff member.

For those with mobility challenges, a lower-level entry pass is available upon application. Interested individuals must complete the lower-level entry pass agreement form and provide either a copy of their state-issued handicapped parking permit or a letter of medical necessity from their primary care provider. If you are interested in obtaining a lower-level entry pass, please inquire at the Membership Services desk.

### **Petitions, Surveys, Fundraising, Solicitations**

If you would like to circulate a petition or survey, distribute literature, sell tickets for an organization or event, raise funds, solicit in-kind donations, or take photographs within 125 LIVE, you must first obtain written approval from 125 LIVE leadership.

### **Photography Waiver**

By entering the 125 LIVE facility or participating in any outdoor or offsite events associated with 125 LIVE, you grant permission for your name, photograph, video/audio recordings, profile, or story to be used in any publications, web pages, and promotional materials

produced by 125 LIVE. This may include, but is not limited to, annual reports, brochures, emails, DVDs, appeals, and the website. These materials may be distributed worldwide, and no compensation will be provided for their use. If you do not wish to be included, you must remove yourself from any photo opportunities at the time they are taken.

### **Program Participation and Registration**

125 LIVE offers a wide range of social, wellness, and educational programs. Members receive a weekly newsletter via email and activity schedules are available onsite. Program details can also be found on our website at [www.125livemn.org](http://www.125livemn.org). Certain registered programs are open to the public, and non-members are welcome to participate, though a non-member rate may apply. To register, visit [www.125livemn.org](http://www.125livemn.org), e-mail [membershipservices@125livemn.org](mailto:membershipservices@125livemn.org), call 507-287-1404, or stop by the Membership Services desk in person.

### **Safety**

If you experience chest pain, dizziness, excessive shortness of breath, or any other discomfort during your activity, exercise session, or class, please notify a staff member immediately. If you have a medical condition that may be triggered or worsened by exercise or certain activities, ensure that any necessary medication is readily available for self-administration. Always make sure that you have had adequate food and water before engaging in any strenuous exercise.

### **Staff Areas**

Group leaders, volunteers, or program participants are not permitted in staff offices, work rooms, storage areas, staff entrances, or behind the Membership Services desk unless specifically directed by a 125 LIVE staff member.

### **Televisions and Music**

Televisions and music are available in most rooms. If you would like to change the channel or music station, please ensure that no one else is currently watching or listening. Only 125 LIVE staff are authorized to turn on the televisions and make channel or station changes.

### **Theft / Damage to Property**

Intentional damage, defacement of materials, furnishings, equipment, or premises, as well as theft attempts, will be prosecuted under Minnesota Statutes 609.541. This policy includes such actions as clipping coupons, cutting articles out of magazines, removing pages from books

or magazines, hacking or altering computer settings, and any form of writing on, scratching, or damaging materials, furniture, or facilities.

### **Tobacco Use; Chewing Tobacco, Cigarettes, e-Cigarettes, Vaporizers**

125 LIVE is a smoke-free and tobacco-free facility. The use of any tobacco products, including cigarettes, e-cigarettes, cigars, chewing tobacco, snuff, and pipes is not permitted both inside and on the grounds of 125 LIVE and the Rochester Recreation Center.

### **Towels**

125 LIVE does not provide personal towels and members responsible for bringing their own. Cloth towels in the fitness center are available for wiping down machines **only**. The cleaning solution used with the cloth towels for fitness equipment cleaning is HB Quat, which is a cleaning agent not safe for prolonged use on human skin. Therefore, after use, please place towels in the designated towel bins located in each fitness area. Towels are prohibited from being used in the locker rooms. Intentionally removing towels from the facility may result in membership termination and prosecution under theft policies.

### **Weapons**

Weapons of any kind, including but not limited to guns, knives, sticks, clubs, bats, nunchaku, and throwing stars are strictly prohibited at 125 LIVE and the Rochester Recreation Center.

**These policies are intended to make members, visitors and guests feel welcome and to provide reasonable rules of behavior for the benefit of all. 125 LIVE staff may require a patron to leave the premises, call the police or ultimately ban a patron from 125 LIVE for noncompliance. If you observe behavior which does not meet our rules, regulations and policies please contact a 125 LIVE staff member immediately.**

**125 LIVE staff reserve the right to change the policies and procedures and guidelines as deemed necessary for the safe and functional operation of the facility.**