



Welcome to COPA FIT! To ensure a safe and enjoyable environment for all our members, we kindly ask you to adhere to the following rules and policies:

1. **Membership Required:** COPA Fit is only accessible to members with a valid COPA Fit Membership.
2. **Wrist Band Required:** Check in with the front desk upon entering COPA Fit to receive a wrist band for the day. Wearing the wrist band is mandatory throughout your visit at COPA Fit.
3. **Authorized Areas:** Your access is limited to the Performance Center, Cardio Loft, Group X Room, and Locker Rooms. From time to time, these areas may be restricted at COPA Fit's discretion. All other areas of COPA STC are prohibited.
4. **Cardio Loft Access:** To reach the cardio loft, use the main staircase located by the front desk.
5. **Sharing and SpeedLab Classes:** Share equipment and space, especially during SpeedLab classes, as these have priority. If you are using a space or equipment needed by the coach, kindly relocate.
6. **Personal Training:** No member may train another member for compensation. Training sessions must be arranged through COPA Soccer Training Center's authorized trainers.
7. **Equipment Maintenance:** Return all equipment to its designated location after use.
8. **Cleanliness:** Maintain a clean environment by wiping down the equipment after use. Remember, you are part of a COMMUNITY!
9. **Outside Food, Drink, Equipment:** Only water is allowed within COPA Fit. Other beverages, food, and equipment is prohibited.
10. **Music:** Headphones are allowed at a reasonable volume. External speakers are not permitted.
11. **Safety First:** Prioritize your safety. Avoid engaging in inappropriate or dangerous activities and training beyond your capabilities. Use safety arms when squatting or benching, and seek assistance from staff or trainers as needed.
12. **Respectful Conduct:** Treat members and staff courteously. Be mindful of your surroundings and considerate of others. Foul language and profanity is prohibited.
13. **Proper Attire and Footwear:** Ensure that you are wearing suitable fitness attire and closed-toed shoes at all times.
14. **Compliance:** Failure to adhere to these rules and policies may result in suspension or denial of access to COPA FIT.

We appreciate your cooperation in following these guidelines to create a welcoming and safe space for everyone at COPA FIT. Let's work together to achieve our fitness goals!

