

# What every prospective member should know about the DFC

I have included our membership policies and general information on this page that should answer all of your membership related questions.

1. Members enjoy reduced guest fees to encourage you to bring guests and thank you for your membership. The member/guest fee is \$5 per visit (limit of 10 visits per guest) and your guest must accompany you to receive the special rate, otherwise the guest fee is \$10. The exception to this rule is our non-member rate for Jeffery Young's Yoga, the rate for that class is \$14, you may not pay a \$5 guest fee and then a member rate of \$5 for the class. We would like to give your guest basic information pertaining to the rates and services available here before they begin working out. Guests have to be at least 18 years old. All guests to the club must fill out our guest waiver.
2. We have bar-coded membership cards that allow members to check themselves into the club and eliminates the need to pick up a card upon leaving. You will receive one upon taking a membership. If you lose or damage the keychain size card, there is a \$3 charge to replace it. The card is required to enter the club.
3. We do allow membership "freezes". You may put your membership on hold up to 3 months per membership. If you put your membership on hold, you must do so for a minimum of 1 month. There is a \$10 per month fee, paid upon putting your membership on freeze, to do this.
4. We have an optional towel service, annually \$29, or you may add it to your monthly payment at \$2.50 per month. The towel service entitles you to unlimited towels during your visit, but please **leave them behind** for us to launder for your next visit.
5. We have an optional locker rental charge. We charge \$5 per month for the convenience. You may only purchase this service for the entire length of your membership. The tall lockers are still available for day use at no charge.
6. We collect all of our monthly membership payments via EFT, either billed to a credit card or drafted from a checking account. This occurs on the 6<sup>th</sup> of each month. **There is a \$15 charge for any items returned unpaid.** We will waive this fee as a courtesy once, and then it will be strictly enforced.
7. There is a **10% discount** offered for prepayment of any annual membership, to receive this discount, you must pay the entire balance in full at the inception of the contract, and there are **no alternatives** to receive the discount.
8. Yoga with Jeffery Young, T'ai Chi and Deep Water Fitness classes require an extra fee to be paid to participate, these are noted on the current group exercise schedule. Please pay at the desk **prior** to arriving for class.
9. Additional services such as tanning, massage therapy, personal training and nutrition counseling are available for an additional fee. Please pay at the desk before receiving the services and present your receipt to the person rendering the services. When scheduling a Massage Therapy appointment, **payment** and **minimum 24 hour notice** is required.
10. As a member of the DFC you have up to two and 1/2 hours of free parking in the East End garage. Just bring in the ticket from the automated attendant and we'll validate it (after 2 ½ hours you will be billed .45 per half hour). If you are unable to secure a spot on the ground level on the Swan Street side of the garage (the side nearest the Rochester Ballroom, across from Salinger's), your best bet is to go to the 5<sup>th</sup> floor and come down the stairs or elevator on that side of the facility.
11. While you may use your own locks on our taller lockers in each locker room and secure your stuff for the day, sometimes you come dressed to exercise, carrying just keys and/or wallet. No problem, we have security boxes for smaller items to the left of the front desk (they look like post office boxes). Just ask the desk attendant for the use of one of those and we'll provide you a secure place for your belongings while you work out.
12. Our website address is [www.downtownfitnessclub.com](http://www.downtownfitnessclub.com).
13. Our email address is [membershipdfc@rochester.rr.com](mailto:membershipdfc@rochester.rr.com) OR [johndfc@rochester.rr.com](mailto:johndfc@rochester.rr.com)