



Off Hours Rules

MOC BARBELL AND FITNESS

Access to Off Hours is a privilege and failure to follow our rules and policies will result in termination of your membership. These times are not staffed or supervised. Access during these times is at your own risk.



- ACCESS ONLY DURING OFF HOURS**
Off hours IS ONLY available during the times listed on our schedule online. These times are subject to change due to events or holidays. Off Hours DOES NOT include On Hours Open Gym. On Hours sessions (including Open Gym) must be reserved and they do count as a “class.”
- EVERYONE MUST SCAN FOR ENTRY**
Everyone must scan for entry using BRIVO. DO NOT open the door for other people. This is for the safety and security of the gym. If someone, or yourself, cannot get in, you will need to email the gym to fix your issue. You CANNOT ask others to let you in, and do not bang on the door for entry.
- DO NOT OPEN THE GATES**
The roll up gates are NOT to be opened by anyone other than a coach.
- TURN OFF LIGHTS AND FANS**
If you are the last one to leave, turn off the lights and fans. If you turned on a fan, you must turn it off before you leave. Lights for the locker room and by the bathroom can be left on.
- PUT AWAY EQUIPMENT**
Wipe down and put away all equipment. This includes foam rollers, bands, jump ropes, PVC pipes, etc.
- CHECK SCHEDULE**
There are three different areas that are available during Off Hours, BUT they have different schedules. There is the Main Floor, Side Area, and Training Hall. Make sure to ONLY use the area(s) that are available for Off Hours Access at that time.
- MUSIC**
Music is controlled by the ORANGE and the BLACK IPADS. The orange IPAD MUST stay in the Main Floor Area. Once the AMP is turned on, that IPAD will control the music in that room. The BLACK IPADS control the music in the Barbell Training Hall and is located next to the amp on that side. Please make sure these IPADS do not walk around the gym and stay plugged in. KEEP MUSIC at a respectable level and ask others before you change the music.
- WASH YOUR HANDS**
Please wash your hands before you start working out (and after). This will help cut down the spread of diseases.
- NO GUESTS**
We do not allow guests to be brought into the gym during Off Hours. These times are unsupervised and unstaffed. Off Hours access is for monthly members only. Drops in are allowed for classes, and On Hours Open Gym.
- EMERGENCIES**
In case of emergency call 911. These times are unsupervised, and a coach or staff member may not be available. For equipment issues or non-emergencies, please email the gym.

SAY HI

Say hi to others, and be friendly