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Member Services and Guest Policies:

Location: Harrisonburg
381 Lucy Drive • Harrisonburg, VA 22801 • 540-433-3434 • Fax 540-432-9227

Hours: Monday- Thursday 5am - 2am Friday 5am - 9:30pm Sat. 8am - 8pm Sun 10am - 6pm

Childcare Hours: Monday-Thursday 8:45am - 1:30pm & 4pm - 8:30pm Friday 8:45am - 1:30pm & 4pm - 6:30pm
Saturday 9am - 12:30pm Sunday 3:30pm - 5:30pm

- Services:**
- Cardio Theater
 - Elevated Track
 - Yoga/Pilates
- Circuit Training
 - Personal Training
 - Swimming Pool
- 2 Floors of Free Weights
 - Group Fitness Classes
 - Sauna/Steam Room/Jacuzzi

Guest Policy: Complimentary one day passes are available to first time guests who are local residents at least 18 years of age. The guest must present a valid drivers license and allow time for a tour of the facility. See any fitness consultant for details. Guest who do not qualify for a free pass will be charged a \$10 guest fee.

Travel Policy: Members may workout at any Gold's Gym, free of charge, for a total of 14 days in a calendar year. The visiting member must provide a valid ID, a travel pass from home gym and club issued membership card.

Gold's To ensure the best atmosphere and workout for all of our members, we offer the following guidelines.

- No smoking on premises
 - Please return weights to racks
 - Please do not drop weights
 - Everyone must check in
 - For safety reasons, children or non-members are not permitted on the workout floor or in the locker areas
- Please wipe off equipment after use
 - No cell phones beyond the front desk
 - You must sign-up for cardio equipment
 - Please shower before using pool, sauna, steam room or jacuzzi

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