

WELCOME

Dear New Member,

Welcome to Anytime Fitness™. We would like to take this opportunity to thank you for choosing us as your place to exercise and improve your health. It is our goal as the owners of your club to achieve your 100% satisfaction with our facilities and services.

As a 24-hour secure-access health club, Anytime Fitness™ has a few different policies and procedures than a typical fitness club. Please read the information in this guide carefully. If you have any further questions, please call the club anytime.

We have worked very hard to select the right equipment, amenities, and service programs for you. However, we want you to know that if you ever have a question or complaint, please do not hesitate to let us know right away. Rest assured your comments will be answered or addressed as soon as possible.

Whatever your reasons for working out, we are confident that we can help you reach your fitness goals.

We look forward to seeing you here!

Yours in Health,
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MEMBERSHIP GUIDELINES

CLUB USAGE

As a member of Anytime Fitness, you may use the club anytime, day or night, 24-hours a day, 365 days a year. There is no limit on how often you use the club. Please secure your membership card at all times. **There is a \$29 fee to replace lost or damaged cards.**

GUEST POLICY

If you are interested in bringing a guest to use the club, please call or visit the club to obtain a guest pass for use during staffed hours. Only members with membership access cards are allowed to use the facility. **Any member giving access to a non-member or expired member will automatically be charged \$20.00 security violation fee and/or will forfeit their membership with the balance due and payable immediately.**

RESTROOMS AND SHOWER FACILITIES

There are men's and women's restrooms with showers located in the club. Shower soap, shampoo, and a blow dryer are provided. The women's restroom also has a curling iron and feminine products provided. Members are required to bring their own amenities (such as towels, makeup, hairspray, etc.) to the club each time when using the facilities. Do not leave your personal belongings in the bathroom/shower facilities after you are finished. Please use a respectable amount of time when showering, as other members may need to use the restrooms as well. Please leave the restrooms in good condition for the next person. Be sure to lock the doors on these rooms when using them.

DRESSING ROOM

There is an individual unisex dressing room available if you only need to change clothes. Please leave the dressing room in good condition for the next person. Do not leave your personal belongings in the dressing room after you are finished. Be sure to lock the door in this room when using it.

STORAGE

Storage cubicles are provided for you to store your gym bag or other personal belongings while in the club. A rack with hangars is available for the items that need to be hung up. Do not leave your personal belongings in the cubicles or on the hangars when you leave the club.

TANNING BEDS

Tanning beds are available 24 hours a day, but you may only tan once a day. Eye protection is required when in the tanning bed and members are required to have their own. Eye goggles are sold in the office during staffed hours. Do not leave your personal belongings in the tanning rooms after you are finished. Please clean the

tanning beds before and after use. Be sure to leave the tanning rooms in good condition for the next person. Be sure to lock the doors on these rooms when using them.

Tanning is available to members only. If you do not have unlimited tanning added to your membership, you may still tan for \$5 per session. As long as your account is in good standing and your monthly dues are paid automatically, you can tan al la carte by scanning your card. Your next monthly bill will reflect the \$5 tanning charge. If you are not on auto-pay, then you can pay \$5 at the office to tan during staffed hours.

EQUIPMENT USAGE

New members receive a complimentary 1-hour Fitness Consultation with one of our Certified Personal Trainers who will review your health history, help you with goal setting, and provide you with start-up recommendations so you don't waste your time.

When using free weights, be sure to use a spotter. Please return all free weights to racks when finished. Gym Wipes are provided for cleaning pads after you are finished with equipment. During busy times, please allow others to work-in with you on equipment.

AGE REQUIREMENTS

This is an adult only club and persons under the age of 18 are not permitted in the club. Members violating this policy will be notified by management and could lose all membership privileges and/or be fined a security violation fee.

ENTERTAINMENT SYSTEM

Each piece of cardio equipment has its own TV. You will need to provide your own headphones for the audio. Please turn off the TV when you are finished with your cardio workout.

There is a plasma TV above the office window. The remote control is on one of the end tables by the couch. Feel free to watch what you want. Please do not turn the volume up on this TV.

You may listen to any of the available satellite radio channels being broadcast in the club. The channel guide and remote control are on the table in front of the office window. Instructions for changing the station are on the channel guide.

SAFETY AND SECURITY

Anytime Fitness and the surrounding premises are under 24-hour recorded video surveillance. This video system is used for security purposes only in the event of a crime. The surveillance system does not protect you from harm in or on the building premises. You must use caution when entering or leaving the building. A courtesy telephone is located in the cubicle next to the member entry. The club's address and emergency numbers are posted next to the telephone.

Security button necklaces that will call 911 immediately if pressed are also available for members to wear or carry around the club. You may also “Sign Out” a button for removal from the club as an extra security measure while getting to your car to leave the property, but the button must be returned within the next 3 days to avoid a \$200 charge to your account.

Individuals with health problems should never exercise alone.

For liability reasons and for your own security, do not admit ANY individual who does not possess a membership card, or those who are denied access to Anytime Fitness (even if they have a membership card). Non-members wishing to view the club need to make an appointment with a membership advisor before entering. Please respect this policy.

Use the courtesy telephone if you feel threatened or witness suspicious activity. You agree to not let anyone in the club for any reason other than uniformed emergency personnel. Do not allow another person to enter the club with you at the same time you enter (only one person may enter per card scan). Do not allow anyone else (including family members) to use your key card, or scan anyone in, or open the door to allow someone else in. Please make sure the door is completely closed when you enter/leave the facility. Failure to comply with the Anytime Fitness security policies could put yourself or others at risk for injury or harm, and could result in you losing your membership privileges.

SEVERE WEATHER

In case of tornado warning or high straight line winds, please go to any of the three bathrooms. Do not attempt to leave the building until the all clear has been issued from the NWS. Do not stay in the open part of the building where you will be unprotected from possible broken glass.

INJURY & FIRST AID

In the event that you or another individual becomes injured, you have several options:

- For minor injuries, (cuts, abrasions, etc.) a first aid kit is located in the member/trainer cubicle.
- There is an AED close to the cardio area mounted to the end of the half wall.
- For serious injuries that need medical treatment dial 911 from the courtesy phone.
- Report all injuries (no matter how minor) to the club by calling and leaving a message (if after hours). A club representative will follow-up with you in 24 hours.

POWER OUTAGE

In the event of a power outage, there are three emergency lights that will light. The door to the club has a fail safe latch which will allow you to exit the club without power to the door strike. You will not be able to enter the club during a power outage.

FIRE

In the event of a fire or if you smell or see smoke, exit the building immediately. Call 911 immediately from a cell phone or business nearby. Do not stay in the building.

PARKING AND BUILDING ACCESS

You may park anywhere on the building property. Please use caution in the parking lots and common sidewalks.

PROPER ATTIRE AND HYGIENE

Wearing exercise clothing such as shorts, sweats, tank-tops, and athletic shoes will help to make your workout more enjoyable. Please do not wear blue jeans or other clothing that has external metal parts and rigid seaming since this can cause damage to the upholstery on the equipment. Shirts and shoes must be worn at all times in the facility. For your safety, street shoes, open toed sandals, boots, and excessive jewelry are not permitted. Clean workout clothing is required. Please avoid heavy perfume or cologne. Your clothing should be kept to a modest style since both men and women use the club. Please be considerate of others.

LOST OR STOLEN ITEMS

Anytime Fitness is not responsible for lost or stolen items. If you feel you have left something in error, please notify the club and we will be happy to look for you. Valuables are best left in your locked automobile or not brought to the club at all. If you find a lost article, please place it in the Lost & Found bucket. The Lost & Found bucket, cubby holes, and hangars will be cleaned out regularly.

TOBACCO FREE AREA

Anytime Fitness helps promote healthy lifestyles; using tobacco products (cigarettes, cigars, pipe, chewing tobacco, or snuff) in the building is not permitted.

NETWORKING AND POSTING

A community bulletin board is provided for all members to use to post their event flyers, job opportunities, garage sales, etc. Please keep all ads to 4"x6" or smaller. It is an excellent way to meet new business contacts or friends through networking. Anytime Fitness reserves the right to deny member postings for any reason. There are business cards holders available for members to put their own business cards. Event advertising or business cards that are from someone other than a member are not allowed.

VENDING

Anytime Fitness provides vending for its members. Items for sale are located in the drink vending machine and the display case. Anything in the display case is available for purchase in the office during staffed hours. You may pay for retail purchases with cash, credit/debit card, or you can have your purchase billed to your account to be paid by auto-draft with your next membership dues payment.

ABOUT YOUR MEMBERSHIP

You were given a copy of your membership agreement when you enrolled. However, if you need a copy, please contact the club and we would be happy to send you another one.

ABC FINANCIAL SERVICES

ABC Financial Services is the billing company Anytime Fitness uses to service our memberships. If you have questions regarding your membership, you may call them during normal business hours (8 a.m. to 5 p.m. Monday – Friday) at 800-317-2739. Changes to your account may also be made online at the ABC website by activating your account with your contract number at www.abcfinancial.com. You may also inquire or change your account in the club office during staffed hours.

MEMBERSHIP PAYMENTS

We recommend that all memberships not paid in advance be on Electronic Funds Transfer (EFT). This helps keep our costs lower, and facilitates your access to the club without missing payments in the mail or incurring late fees. Payments processed more than 10 days past the due date will be charged an \$8 late fee.

Returned checks will be charged a \$29 return fee. Returned draft attempts will be charged a \$17.50 processing fee. Please keep your credit card and bank account information up-to-date to avoid these charges. When new credit cards are issued with new expiration dates, you need to notify the club or ABC so your next payment can be processed on time.

Members that choose to pay by coupon book or in the club, instead of automatic payments, will incur an additional \$10/month charge for the processing of such payments.

FREEZING TIME

You may freeze time on your membership for medical reasons or a work related absence. We can only freeze the membership for 1-month to 3-months at a time. We will need documentation to verify your situation. Freezing time on your membership freezes your regular monthly membership payments only if paying monthly. There is a \$10/month administrative fee for every month that your membership is frozen. Time cannot be frozen for family memberships unless it is frozen for all members on the contract. Time will be credited to the end of your membership's original term when you resume usage of the club. Freezing time for more than 3 months can only be done for medical reasons and requires a doctor's written statement that your use of Anytime Fitness facilities and services would impair your health. You may freeze your account for a maximum of 3 months annually unless for documented medical reasons.

CANCELING YOUR MEMBERSHIP

Your membership may only be cancelled in accordance with your membership agreement. When cancelling your membership, you must provide a **30 day written notice**, preferably by certified letter. We cannot take phone messages or e-mail communication as your notice. You must provide your signature for us or ABC to cancel the membership.

For medical reasons, documentation from your supervising physician must state that you are permanently disabled and unable to use any of the facilities in the health club. Anytime Fitness reserves the right to verify this information with your physician.

If you need to cancel due to relocation, we will cancel your membership with proof of your new residence (i.e., a current phone bill or utility bill with your name on it). We cannot accept correspondence from employers or family members as proof of your new residence.

The cancellation process requires a 30-day notice. You are liable for any payments within 30-days of when we or ABC Financial Services receive the proper documentation, and for cancellation fees in accordance with your agreement. There is a \$50 early cancellation fee for any membership agreement that is not month-to-month. Membership payments must be up-to-date before any cancellation will take effect.

Please refer to your original membership agreement or the ABC Financial website for details regarding cancellation, or feel free to call ABC Financial Services or the club if you should need assistance.

TRANSFERRING YOUR MEMBERSHIP

If you need to change to a different Anytime Fitness as your primary or home club, you may transfer your membership to the other club at no cost. This transfer can be done in person at the club you to which you are transferring.

If you transfer your membership to a club that has a different fee schedule than your current club, your membership length or cost may be adjusted to reflect the rates of the new club.

USING OTHER CLUBS

You can locate other Anytime Fitness clubs on the website at www.anytimefitness.com. Guest privileges to other clubs are not allowed until you have been a member for a minimum of 30 days.

You may use any other club as a guest. Please make yourself aware of and abide by the policies and rules of the club you will be visiting. Your membership does not allow you to use the tanning beds at other clubs.

NEWSLETTERS

An Anytime Fitness newsletter is emailed to local club members approximately once each month.

Make sure you receive the local newsletters, announcements, and special offers by notifying us if your email address changes. We do not sell or share our email list.

STATE-OF-THE-ART EQUIPMENT

Our club has many different types of equipment to help you achieve your fitness goals. Please ask if you are unsure how a piece of equipment works. Here is a general list of reminders about the equipment here at the club.

CARDIOVASCULAR EQUIPMENT

This is the exercise you will need to efficiently burn body fat and keep your heart and body in good condition.

Treadmills - Treadmills allow you to walk or run in place using a belt driven by an internal motor. Before beginning a workout on a treadmill:

- Make sure the treadmill belt is stationary.
- Make sure to tie your shoes, secure personal stereos, and dangling jewelry.
- Make sure treadmill is plugged into wall and the display is lit.
- When finished, be sure to let belt come to a complete rest before dismounting.
- NEVER attempt to mount a treadmill with the belt running.

Bikes – The electronic displays for the bikes (both upright and recumbent) work when you begin to pedal. Before beginning a workout on a bike:

- Adjust your seat before beginning.
- Use the foot straps to prevent slipping.
- Make sure to tie your shoes, secure personal stereos, and dangling jewelry.

Elliptical Cross trainers - The electronic displays for elliptical trainers work when you begin to pedal. Before beginning a workout on an elliptical trainer:

- Make sure to tie your shoes, secure personal stereos, and dangling jewelry.
- Keep both feet on pedals while using.
- Make sure pedals come to a complete stop before dismounting.

Treadclimbers - Treadclimbers allow you to walk/step in place using a belt driven by an internal motor. Before beginning a workout on a treadclimber:

- Make sure the belts are stationary.
- Make sure to tie your shoes, secure personal stereos, and dangling jewelry.
- Make sure the treadclimber is plugged into wall and the display is lit.
- When finished, be sure to let belts come to a complete rest before dismounting.
- NEVER attempt to mount a treadclimber with the belts running.

STRENGTH EQUIPMENT

All strength equipment is designed to perform 1 or 2 basic movements (i.e. pec deck and rear delt). Before beginning a workout with our strength equipment:

- Adjust your seat to the appropriate level.
- Adjust the weights to your appropriate level.
- Secure all loose clothing, personal stereos, and dangling jewelry.
- Abide by all posted cautions and warnings on equipment.
- Keep hands and feet away from weight stacks, moving parts, and cables while in motion.
- Use appropriate hand and foot grips.
- NEVER sacrifice proper form to lift more weight.
- Never use equipment that appears to be malfunctioning.
- Do not try to adjust or modify the equipment with additional weight, cables, or the like.
- Do not bang or drop the weight stacks.

FREE WEIGHTS

Free weights are designed to give you total range of motion in a movement. Free weights include the dumbbells, barbells, weight plates, and racks. Before beginning a workout with our free weights:

- Secure all loose clothing, personal stereos, and dangling jewelry.
- Adjust the weights to your appropriate level.
- Abide by all posted cautions and warning on equipment.
- NEVER sacrifice proper form to lift more weight.
- Never use equipment that appears to be malfunctioning.
- Always lift with a spotter (someone who is able to assist you with the weight). If you are lifting alone and during non-staffed hours, never try to lift weight on a bench that you can not lift.
- NEVER drop or throw weights. Use appropriate bar racks and standards.
- Always replace weights when finished. Weights on the floor present a tripping hazard.

Resistance Equipment—Resistance training is the type of exercise you need to help maintain or build lean muscle tissue where body fat is burned for energy.

Do not slam or bang weights. If you are slamming weight stacks, you are using momentum to lift the weight. This is a sign that you are trying to lift more weight than you can handle. Reduce the amount of weight and do a controlled lift, making the isolated muscle do the work.

PERSONAL TRAINING & NUTRITION

Ask yourself these questions:

- Are you not seeing real, measurable results every 2-3 weeks?
- Are you inconsistent with exercise throughout the year?

- Do you find it hard to stay focused on your goals and workout?
- Are you unsure about what foods to eat to meet your goals?
- Do you lack support from your family and friends who don't share the same goals?

If you answered “yes” to one or more of these questions, then we have your answers. Most people would like to make changes in how they eat, the type of workout they do, and in the lifestyle they lead that keeps them from being in the shape they desire. The problem is where to start. There is so much information—and misinformation—out there that it is hard to know where to start. Anytime Fitness provides access to necessary tools to assist you in achieving your individual health and fitness goals.

FITNESS CONSULTATION

Have you ever heard the saying, “it takes 21 days to make a habit?” Well, our Fitness Consultation is the perfect 1st step to helping make exercise a habit. Our goal is that you now make regular exercise a part of your lifestyle.

Here is what the Fitness Consultation includes:

- A 30-minute consultation and a 30-minute workout
- Health History
- Goal Setting
- Start-up Recommendations

Your complementary session is scheduled when you enroll in the club. This is a great opportunity to get started on the right track for a new healthy lifestyle.

If you need to cancel or reschedule your Fitness Consultation, please call the club or trainer at least 24 hours in advance. Our trainers do not work for free and we pay the trainers on your behalf to provide this service for our new members. Failure to show up to your Fitness Consultation without proper notification will incur a \$25 charge to your account.

PERSONAL TRAINING

Our trainers are highly qualified and nationally certified. They will help you set clear cut goals that work for you and develop an exercise plan to transform and change your body to meet your goals. Our trainers will provide the motivation, accountability, and education you need to get you going and keep you on track. Call a trainer today to take the first step to a new you.

ANYTIME WEIGHT MANAGEMENT PROGRAM

Our weight management program is included with every personal training package and includes the following:

- Detailed dietary analysis
- Meal plans and grocery lists designed to meet your health and fitness goals
- Realistic goal setting and exercise recommendations
- Educational and motivational handouts

- Individual counseling for accountability, progress assessment and program changes

Now you have an affordable alternative to Jenny Craig, NutriSystem, and LA Weight Loss.

ANYTIME HEALTH

This is the perfect online companion for our members to help you meet your nutritional and wellness goals. This service is included with your membership and will help you plan your meals, track your workouts, and share your knowledge and success with friends.

Access Anytime Health at www.anytimehealth.com and do all of the following and more.

- Stay current with the latest health news, medical fact sheets, and wellness articles from well-known sources like EBSCO and HealthDay.
- Connect with a global network of Anytime Fitness members, trainers, and staff. Motivation has never been easier to find!
- Keep up with the happenings at your home club and track your club visits online. Find friends and workout buddies right in your own gym.
- Get an exclusive 20% discount on all store purchases, including the Anytime Health line of dietary supplements and food items.

Experience true success... activate your Anytime Health account TODAY!



A Promise to our Members

This is our promise to you, our valued members.
It's what we believe in, and it's what you can rely on.

Convenient hours and locations

We are here to help you get the results you want, when and where you want them. You can rely on our 24/7 availability. You can rely on our membership reciprocity program that allows access to any of our clubs, anywhere.

Superior service

We will clearly post our staffed service hours. You can rely on those postings, and you will have access to a service professional during those hours. We will respond to inquiries and requests within a timely manner. You can rely on receiving a response to your needs within 24 hours.

Inviting atmosphere

We will offer a welcoming and clean environment to everyone, regardless of their fitness level or ability. You can rely on a supportive atmosphere that encourages you to strive for and meet your fitness goals.

State-of-the-art equipment

We will supply the highest quality fitness equipment, and we will maintain the operation of that equipment to the highest standards. You can rely on our equipment and its ability to give you a superior workout.

Passion for excellence

We will continually strive to improve your experience, and we will demonstrate our excitement and enthusiasm for what we do.

You can rely on our desire to provide you with the best possible experience every time you enter our club.

Have we kept our promise? Please let us know. Whether you want to congratulate or criticize, We want to hear about your experience. Please email us at memberexperience@anytimefitness.com. Thank you for choosing Anytime Fitness.



1 MEMBERSHIP = HUNDREDS OF CLUBS



Can I use other Anytime Fitness Clubs?

Yes. Your Anytime Fitness membership now allows you to use any nationwide Anytime Fitness location 24-hours, 7-days a week.

How does it work?

Once you register at your home club (generally, the club which is closest to your home or the one that you frequent the most), your membership will be processed into a software database within 30 days. This time frame allows the necessary information about you and your account status to be verified to the national clubs. After that time, your membership card will be active at all Anytime Fitness clubs.

If you decide to visit another club before this process is done, your membership card may not work. However, you may visit the club during the club's staffed hours. Please remember to bring your membership card and a photo I.D. to the visiting club.

What am I allowed to use?

Your membership allows you usage of the club and fitness equipment. Tanning can only be used at your home club. Please be aware of the club's specific rules and regulations regarding visiting members. Please remember to respect the visiting club's local policies and procedures. You must also check with the visiting club's manager regarding their guest policy before you attempt to bring a non-member during their staffed hours.

You are not allowed to bring a guest to any club during the non staffed hours.
If you have any questions, please call the visiting club ahead of time.

What else should I know before going?

Please remember to respect the visiting club's local policies and procedures. You must also check with the visiting club's manager regarding their guest policy before you attempt to bring a non-member during their staffed hours.

Please visit www.anytimefitness.com for more information on clubs and locations.

COMMON QUESTIONS

How do I set an appointment for my first workout?

We want you to get started properly by having a trainer set you up on your own program. Your complimentary Fitness Consultation is scheduled when you enroll in the club.

How do I work in on the club floor?

If you wish to share equipment with another member, simply ask, "May I work in?" When you take your turn, finish your set or exercise in a timely manner and then allow others to share. A common mistake is resting on equipment between sets. It doesn't allow other members to share and slows down the pace of other's workouts. To rest, remove yourself from the piece you are using and be aware that others may wish to use the piece you are using as well.

When do I know it's my turn to use a piece of cardio equipment?

There are no strict limits on time and no sign-up required, but we ask that members use a little common sense when setting your workout time. If you are waiting for a specific piece, simply let the person currently on the machine know that you wish to be next.

How do I get additional help when I want to use other equipment?

Every member is going to have a different set of goals, pace of workout, and so on. This is why we recommend setting an appointment with a trainer first before advancing your workout. You can schedule an appointment by calling the club. Authorized trainers have their business cards on the table in front of the members/trainers cubicle. We would be happy to give advice on proper exercise and technique. If you want a more personalized service, a Personal Trainer is the way to go.

What is expected of me while here at the club?

As a courtesy to other members, please wipe off equipment when finished. There are Club Wipes available to sanitize and clean the pads. Please dispose of wipes properly when finished.

Please return all weights and dumbbells to racks when finished. Our members appreciate not having to pick up after others.

Treat all members with respect and courtesy. Inappropriate behavior within the club will not be tolerated.

If there is any equipment that is malfunctioning or needs adjustment, please do not use or try to repair it. Please call the club number from the courtesy phone immediately (leave a voice mail), and the issue will be addressed at once.

Please be sure to put magazines back in the magazine rack when finished. Please turn off televisions on cardio equipment. Please turn off lights in restrooms, dressing rooms, and tanning rooms when finished.

CONTACT US

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