

Kickboxing Bag Reservation Guidelines

In response to member's request, we will now be taking reservations for usage of the Heavy Kickboxing Bag located in the Personal Training Studio. The following guidelines will apply:

- The Kickboxing bag may be reserved by a member (ages 14 and older) up to 24 hours in advance.
- Call the Front Desk at 531-5000 and ask for the fitness floor or make the reservation in person with a fitness instructor.
- The Heavy Kickboxing Bag can be used for up to 1 hour and can only be used during designated times indicated by the Personal Training Studio Schedule posted in the display case outside the Studio main door. The designated times are displayed as open block times on the schedule.
- All members must check in at the fitness desk for their Kickboxing time so the fitness instructor can hang the bag.
- Management reserves the right to suspend Kickboxing bag privileges for any member who does not comply with the above stated policies.

