

Club Guidelines



- 1 | Dress appropriately in clothes designed for working out.** Closed toed athletic shoes must be worn when outside of the locker rooms and Mind and Body Studio.
- 2 | Children under 14 must be accompanied by an adult.** Children under 14 may access the gymnasium, Racquetball courts and swimming pool during family-friendly hours.
- 3 | Members between the ages of 14 and 18 must go through a minor orientation** to access adult-only areas in the club.
- 4 | We are a chalk-free facility.** Please avoid excessive weight dropping, grunting and inappropriate language.
- 5 | Step away from equipment between sets and allow others to work in.** Avoid using your cell phone while on machines. Phone calls must be taken in the lobbies.
- 6 | Absolutely no photos or videos** while in the locker rooms.
- 7 | Keep your valuables and gym bags in a locker** and not on the cardio or weight room floors.
- 8 | Absolutely no shaving in the sauna and steam rooms.**
- 9 | Please place used towels in the towel bin** found near the front desk.
- 10 | Sanitation stations are available for everyone's benefit.** Please spray rag and not directly onto the equipment.
- 11 | Be courteous to others.** Lend a hand if someone needs help.

Club Features

LOCKER ROOMS

- Steam room (Fallon)
- Dry sauna with Himalayan salt lamps
- Large, day-use lockers
- Monthly locker rentals (Fallon)
- Towel service: shower (Fallon) and hand towels

LOBBY

- Comfortable lounge seating
- Complimentary internet
- Coffee and smoothie bar (Fallon)

GROUP EXERCISE (FALLON)

- Three dedicated group exercise studios
- Over 400 complimentary classes included with membership
- Yoga, cycle, strength, dance, and more

COURT SPORTS (FALLON)

- Full size gymnasium with open Pickleball and basketball games daily
- Three Racquetball courts
- Suspended walking and jogging track

RECOVERY

- Stretching and mobility rooms
- Therabody station with Theraguns and Wave Rollers
- HydroMassage and CryoTherapy beds available

FUNCTIONAL TRAINING

- Large functional and strength training rooms
- 20 yards of indoor turf with sleds

CARDIOVASCULAR FLOOR

- Vast and diverse selection of cardio equipment, including treadmills, stairmasters, ellipticals, rowing machines, and more
- Designated adult-only cardio floor

WEIGHT TRAINING

- Dumbbells ranging from 2-120 pounds
- Machines from Hoist, Keiser, Free Motion, Matrix, Arsenal, and more
- Large, clean free weight areas

AQUATICS (FALLON)

- Aquatics facilities include: lap and swim pool, therapy pool, and Jacuzzi
- Private and group swim lessons
- Complimentary Aqua Fit water fitness classes
- Three 20 meter lap lanes

RIDGE KIDS (FALLON)

- Fun, safe, and clean play areas
- Professional, loving staff
- Easy online reservation portal
- Summer camps and party packages
- Date night twice per month

PROGRAMS AND SERVICES

- Staff of certified personal trainers
- Small group personal training
- Tribe Team Training