



# AIRPORT HEALTH CLUB

## Parents of Newborns

### **You can workout in Studio 4 with your baby!**

1. Our policy, waiver, and release form must be signed.
2. Check with your physician before you start exercising.
3. Display your baby pass on the baby carrier.
4. Newborns must be in their carriers at all times.
5. Newborns must be in the room with the parent in full view and supervised closely at all times.
6. No babies over six months are to be in Studio Four.
7. Studio Four can only be used when classes or meetings are not scheduled. The schedule can change without notice.
8. Please ensure that your newborn doesn't infringe on other members use of Studio Four.
9. Newborns are not permitted in other workout areas.
10. Please put the equipment back in its place after use.
11. Studio Four is not supervised, exercise at your own risk.