

FITNESS CENTER RULES

IN ORDER TO PROVIDE A SAFE AND ENJOYABLE ENVIRONMENT, THE FOLLOWING CODE OF CONDUCT HAS BEEN ESTABLISHED FOR THE FITNESS CENTER.

1. You must be 11 years old and with an adult to use the Fitness Center. You must be 12 years old to use the fitness center without an adult.
2. Athletic shoes and athletic clothing are required. Appropriate shirts that cover the stomach must be worn. Exercising in only a sports bra or crop top with no shirt over it is not allowed. Shorts must be mid-thigh length. No jeans are allowed on the equipment.
3. Please refrain from using cell phones while on the fitness floor.
4. We recommend you have an equipment orientation before you start an exercise program.
5. Please be courteous and let others work in with you on sets while using the strength equipment.
6. When you are finished with your workout, please use the disinfectant spray to wipe down the equipment
7. Warming up prior to using the equipment and cooling down afterward is strongly suggested.
8. Do not drop or slam the weights. They may break or come loose and increase the risk of injury.
9. Due to the risk of injury, we recommend you have a spotter when training with free weights.
10. Replace all dumbbells and plates on the appropriate racks when finished.
11. Remove plates from the bar when you are finished.
12. Please report all injuries to staff.
13. No profane, abusive, or loud language.

*VIOLATION OF THESE RULES MAY RESULT IN TERMINATION OF DAILY USE AND/OR MEMBERSHIP
SUSPENSION OR TERMINATION.*