

FITNESS CENTER RULES



1. It is the responsibility of all persons using the fitness facilities to consult with their physician. Such persons should be in good physical condition and have no physical, medical or psychological conditions, disabilities, impairments or ailments, chronic or otherwise, which would preclude, impair, or prevent them from using the fitness facilities, or engaging in active or passive exercise. Any member or guest with health or physical problems should consult their physician before using any of the fitness facilities or equipment and notify the staff of such problems at sign in.
2. Members assume full risk of loss and responsibility for any injury or damage to their health.
3. Per the manufacturer's warnings for the gym equipment: Children 12 and under are not permitted to use the fitness facility. Children 13-14 years of age may not use the treadmills, steppers, ellipticals, or bikes. Children & Minors 13-17 years of age must be supervised by an adult while using any weight equipment. It is recommended Children & Minors 13-17 years of age take a safety class with the Sports Director prior to using the fitness center.
4. It is the responsibility of all persons to obtain instruction on how to use the equipment prior to using such equipment. The equipment is only to be used in accordance with such instructions. If you need instruction on any of the equipment, please ask one of our staff for assistance.
5. All weights and pieces of equipment must be returned to their proper places after use. Weights and fitness pieces are not to be removed from the fitness center.
6. Casual workout attire is acceptable at the fitness facilities. Tee shirts, gym shorts, or warm-up pants are appropriate. Men must wear shirts in the fitness facility. Closed toe shoes must be worn when using the fitness facility.
7. Food and Drink should be limited to water only.
8. Horseplay, profanity, disruptive conduct and indiscreet behavior at the fitness facilities are strictly prohibited.
9. Stereo, television, and other personal electronic devices should not be turned up loud as to disturb fellow users.
10. If other members are waiting to use cardio-equipment, the maximum length of time allowed on a treadmill, climber, elliptical trainer, or recumbent bike is 30 minutes.
11. Complimentary face towels are available at the front desk. Members should leave used towels in a dirty towel basket when they finish working out.
12. Please wipe down fitness equipment after each use.