

Fitness Center Guidelines

- Always consult a healthcare provider before beginning any exercise program.
- Fitness Centers are open to individuals age 13 years and up. Youth age 13-15 must be accompanied by an adult.
- Complimentary equipment orientations are available upon request. Please contact the front desk to schedule an appointment.
- Food and beverages are not allowed in the Fitness Center and gyms, however, enclosed water bottles and sport drinks are acceptable.
- We encourage the reduction of waste by asking members to use refillable water bottles in place of disposable water bottles and sports drinks.
- Proper fitness attire and athletic footwear should be worn in the Fitness Center at all times. No open toe shoes/sandals allowed.
- For everyone's enjoyment, Fitness Center users are asked to show respect to participants, staff and equipment:
 - ◊ Secure your gym bag and other personal belongings in the lockers provided.
 - ◊ Return weights and equipment to proper location after use.
 - ◊ Allow other participants to "work in" while you are resting between sets.
 - ◊ Wipe clean machines after each use. Cleaning materials are provided in the Fitness Center.
 - ◊ To avoid injury and equipment/facility damage, refrain from dropping, throwing or banging weights.
 - ◊ Please refrain from talking on cell phones in the Fitness Center.
- Membership options and/or amenities may be subject to change.