



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FITNESS CENTER RULES

- ▶ **No** food or drinks are allowed in the fitness center except for water bottles.
- ▶ During PEAK times, all members must observe the **30 Minute Time Limit** on cardiovascular machines. If another member is not waiting for that piece of equipment, you may stay on longer!
- ▶ Proper exercise attire is required. **No** street clothes, dress shoes, cut offs, flip flops, etc.
- ▶ All outerwear, including coats and bags must be store outside the fitness center and in lockers.
- ▶ Members must return weights, cable accessories, and any other equipment after each use.
- ▶ Fitness Staff will enforce all fitness center rules and policies.
- ▶ Each member is responsible for wiping down their machine after each use.
- ▶ Please do not sit on the machines to rest and watch TV. Move to a different area to rest so other members can use that piece of equipment.
- ▶ For security reasons, please use only the main lobby door to enter and exit the fitness center, unless there is an emergency.
- ▶ Children under the age of 14 are prohibited from using the fitness center.
- ▶ Be courteous to other members and limit cell phone use on the equipment.
- ▶ Refrain from using offensive language.