

Fitness Area Guidelines

(This includes the free weight, circuit and cardio rooms, and the fitness studio)

- Suitable exercise attire is required. No sandals, open-toe/open-heel or bare feet are permitted. Shirts must be worn at all times.
- Return and rack weights when finished.
- Do not use the equipment as chairs or for prolonged resting.
- Allow those who are waiting, to “work in” or take turns.
- Please use the supplied Gym Wipes to wipe off and sanitize your equipment after use.
- Do not drop the weights.
- Be courteous to others and only use one set of weights or one machine at a time. Do not monopolize the equipment.
- Please remember that the Circuit Machines are designed to follow a specific order. Therefore, allow those following the full circuit to work through.
- Be mindful that this is a family environment. No loud or offensive language is permitted.
- DO NOT under any circumstance move the circuit machines or the free weight stations. This does not include the benches that are made for moving around to room.
- No food or beverages are allowed in the fitness areas (except water).
- No child under the age of 8 years old is permitted in any of the fitness areas. However, children under one (1) year of age may be brought to fitness classes/space only if they are confined to a stroller or car seat. If the infant is distracting or disruptive in any way, the responsible adult must immediately remedy the situation and/or remove the infant from the area. An adult must directly accompany children between 8 and 12 years old. This means the adult and child must be exercising together, not in separate areas. Ages 13 years and older may use the fitness area without adult supervision, only if done safely and responsibly.

