

# Fitness Center Rules

**Our goal is SAFETY and the consideration of others. Please help us by following these rules.**

- Exercise equipment is for use by ages 8 and over.
  - Children 8-11 must complete a Youth Strength Training orientation first.
  - Children 8-9 must workout within arms reach to a parent or guardian 18+.
  - Ages 10-11 can workout when the parent/guardian 18+ is in the facility.
- Proper attire should be worn at all times in Fitness Center
- Closed-toe shoes required.
- Shoes with a back strap or tied laces when using treadmills are required.
- Please re-rack and return equipment when done.
- No food or drink aside from WATER, in a closed PLASTIC container, is allowed on the fitness floor, in gym, or studios.
- Be courteous when doing multiple sets on equipment; allow others to work in.
- Please limit the number of people at one station to 3.
- Please take your phone calls in the lobby or outside.
- Chalk is not allowed in fitness center.
- Portable music devices and cellphones may only be used with headphones.
- Please remember that you are responsible for your own possessions.
- Please no basketballs on the fitness floor.
- No unauthorized one-on-one coaching or training sessions are allowed.

Rules are subject to change.

