

RULES FOR FITNESS CENTER

- **Use of this facility is for MEMBERS ONLY.**
- **Children under 12 years old may not operate any weight room or fitness equipment and must remain in front seating area.**
- **Children 12-14 must be under the direct supervision of an adult (18 and over) member. The adult member must be with the child and not doing an independent activity.**
- **Any irresponsible behavior or failure to follow all posted rules and warning will result in the loss of privileges to use the fitness room.**
- **Facility users must conduct themselves in a courteous manner and comply with staff requests for proper behavior and conduct.**
- **No open toed shoes or flip flops.**
- **No Food or Drinks (other than water).**
- **Please clean and wipe equipment after use.**
- **Re-rack weights.**
- **Equipment must be properly used and follow instructions per manufacturer as stated on equipment.**
- **Treat facilities with care and proper use.**

THE FITNESS CENTER IS MONITORED BY CAMERA

THESE RULES WILL BE STRICTLY ENFORCED

