

Weight/Cardio Room Policies and Rules

1. Bags in designated areas only, preferably a locker.
2. Appropriate attire and footwear required. NO sandals or open toe shoes allowed.
3. NO food or drink allowed in the Weight Room. Water allowed in non-breakable spill proof bottles.
4. All patrons must be 15 years of age or older. Children between 15-17 must be with their parents/guardians.
5. Do not alter, disassemble or move any piece of equipment from its designated spot.
6. All free weight lifts must be collared.
7. Use of a spotter recommended.
8. Return all weights to their proper location.
9. Do not place weights on upholstered areas.
10. Olympic style lifting is not allowed at any time.
11. Do not drop weights on floor.
12. Spray and wipe down each exercise station after use.
13. Observe the 25-minute limit on all cardio machines.
14. Please observe posted circuit training machine rules.
15. Please limit stretching and abdominal work to designated stretching mats.
16. Do not adjust televisions or stereos.