

# Mt. Prospect Park District FITNESS CENTER

## RULES OF ETIQUETTE

### PERSONAL TRAINING

Personal training is performed by exercise professionals who design and utilize specific programs to guide patrons through their workouts. Safety is a priority in all training sessions. **Only Mt. Prospect Park District certified personal trainers may conduct personal training sessions in the Fitness Center. No outside instructors, coaches or teachers leading workout sessions.**

### LOCKER ROOMS/LOCKERS

Please utilize locker rooms and lockers. No personal belongings, except towels, water bottles and phones are allowed in the Fitness Center. Please store your coats, gym bags, etc. in a locker. Cubbies are available in the Fitness Center for smaller personal items.

### FOOD/BEVERAGES

No food is allowed in the Fitness Center at any time. Water only. No glass bottles.

### EXERCISE ATTIRE

Appropriate exercise attire, which consists of shirt, pants/shorts, and closed toe shoes, must be worn in the Fitness Center. Clothing should not offend other patrons or cause harm to the Fitness Center equipment. The Fitness Center staff reserves the right to define appropriate attire.

### EQUIPMENT

During busy times, please utilize the sign-up sheets for the cardiovascular equipment. Indicate when you begin your exercise and when you will finish. The sheets allow you to “get in line” for a particular piece of equipment. Limit your exercise to 30 minutes on one piece of equipment when a sign-up/wait list is in effect.

- Please wipe down all equipment after each use with the wipes provided on-site
- Power/Olympic style lifting is not allowed
- Chalk is not allowed in the Fitness Center
- Return all free weights and plates to their proper place
- Do not drop free weights on the floor and refrain from clashing and crashing the plates on the weight training machines
- Be respectful of others waiting for the weight equipment
- Enjoy your workout, not your phone

### IN CASE OF AN EMERGENCY, NOTIFY THE FITNESS CENTER STAFF

Be aware of the symptoms of a heart attack and never ignore any symptoms. Symptoms include: Chest pain, unusual pain in the jaw, neck, shoulder or arm, shortness of breath; profuse sweating, dizziness and feeling faint.