



# FITNESS CENTER RULES

## **FACILITY**

- Be respectful to staff, equipment and other members.
- Videotaping is not allowed.
- Refrain from using foul language.
- No outside trainer/instructors, coaches or teachers leading workout sessions.
- Be courteous to others and allow them to work in during rest periods.
- During busy times, please limit your exercise to 30 minutes on cardio equipment.
- Please keep phone conversations outside the fitness center.

## **AGE REQUIREMENTS**

- Children ages 12-13 must be accompanied by an adult member.
- Children ages 12-15 must complete a fitness orientation to gain a Youth Pass.
- Children under the age of 14 are NOT allowed in the weight room.

## **CLOTHING**

- Appropriate exercise attire (consisting of shirt, pants/shorts, and closed toe shoes) is required. No sandals allowed.
- Please bring a change of shoes to keep our floors clean.

## **SAFETY**

- Please wipe down and return your equipment after each use.
- Please report equipment issues to staff immediately.
- Do not drop free weights on the floor and refrain from crashing the plates on the weight training machines.
- Please utilize locker rooms and express lockers to store your personal belongings. The Park District is not responsible for lost or stolen items.

**Smile!**  **You're being fit and active!**