

Fitness Facility Rules & Policies

- 1). Please have appropriate attire in the Fitness Room. Men & Women please wear closed toe shoes for safety, t-shirt, shorts, sweatpants. Please no denim, no shirtless appearance, sport bras, sagging shorts or pants that show briefs, or shorts that do not cover more than 1/3 of thigh, tank tops that show any part of midsection, or navel. This is a quality family environment and we would like to ensure the quality of our fitness room.
- 2). Please be courteous and use lockers for gym bags and equipment so that fitness floor may be clear of hazardous objects.
- 3). Please be courteous and limit rest time on resistance machines and please allow others to work in with you.
- 4). Please place cell phones on vibrate or silent. If you must take a call, please take it out in the hallway to be respectful of others around you. Cell phones interact with HEART RATE on cardio equipment and may provide inaccurate readings.
- 5). Please be courteous and re-rack un-used weight plates to storage racks.
- 6). Please do not slam the weights on the machines, they can be damaged.

Teen Hours in Fitness Area

- 1). Youth ages 9-10 years are not permitted in Fitness Room between hours of 5-8pm Mon-Thursday but are permitted through all other hours including all day Friday, Saturday & Sunday.
- 2). Youth ages 9-10 years are permitted to use Cardio Equipment only and must have parental supervision at all times.
- 3). Youth ages 11-13 years must have gone through and passed YST training, with sticker and ID available, with parental supervision while using resistance training equipment.
- 4). Youth ages 9-10 and pre-teens ages 11-12 are not permitted in Fitness Room during hours of 5-8pm Mon-Thursday. Youths 9-12 years of age are permitted all day Friday, Saturday and Sunday.