

Fitness Room Rules:

1. Please put a check mark when you sign in at the Front Desk.
2. Clean sneakers only please. No flip flops or sandals allowed.
3. Wipe down the machines after each use to prevent the spread of germs.
4. Must be 13 years or older with written parent permission to use the Fitness Room.
5. All participants must have an orientation of the machines before they are allowed to use them.
6. Please limit grunting, groaning and other noises. Profanity will not be tolerated.
7. Dropping of the weights is strictly prohibited.
8. Please re-rack all free weights. The next person may not be as strong!