

Fitness Center Rules and Regulations

1. Exercise shoes, gym shorts, T-shirts, sweats or aerobics outfits are the only attire allowed in the weight room and cardio areas. No street clothes, sandals or black soled shoes. Closed-toe shoes are required in the fitness center.
2. Use your workout towel to wipe sweat from weights, benches and other equipment.
3. Re-rack the weights you've used when you finish each exercise.
4. Share equipment and let others work in when doing multiple sets.
5. Shower before using the sauna, whirlpool or steam room.
6. No alcohol, drugs (including steroids) or smoking inside the gym.
7. Courtesy, decorum, and good sportsmanship must prevail at all times. No inappropriate conduct or language that is distracting or offensive to other members. This includes abusive, offensive, insulting, profane or demeaning language. Members should always seek to enhance the enjoyment of the facilities for the benefit of everyone.
8. Parents are responsible for the actions and behavior of their children. Children who are too young to understand and conform to club rules must be accompanied by an adult while using the facilities, or supervised by a responsible babysitter. You must be 16 years or older to use the equipment.
9. Beverages are allowed on the floor if they are in a spill-proof container. No food allowed.
10. Pets are not allowed in the fitness center.
11. The club shall not be liable for lost or stolen items of personal property. It is highly recommended that members secure their valuable property in their cars or lockers.
12. Members are responsible for the behavior and attire of their guests. It also falls to the inviting member to familiarize their guests with club rules and policies.
13. Please, no bare feet or wet swimming suits in the fitness center. Cover-ups must be worn over bathing suits. A towel is not considered to be an appropriate cover-up.
14. No cell phones in the locker rooms.