FITNESS CENTER RULES

YOU MUST USE YOUR MEMBERSHIP I.D. FOR ADMITTANCE INTO FITNESS CENTER
- I.D. fobs may not be shared. Anyone found using someone else’s I.D. fob will be asked to leave the facility. This could also warrant suspension or termination of the membership.
- A $10 fee will be charged to replace a lost or damaged Fitness Center I.D. fob.
- No tailgating; do not allow other people to tailgate.

CHILDREN UNDER THE AGE OF 18 ARE NOT PERMITTED IN THE FITNESS CENTER

LOCKERS ARE FOR USE ONLY WHILE IN THE FITNESS CENTER – LOCK WILL BE CUT IF LEFT ON LOCKER OVERNIGHT

TOWEL SERVICE IS LIMITED TO ONE SHOWER TOWEL AND ONE WORKOUT TOWEL PER PERSON
Using more than your share and theft of towels increases expenses of Fitness Center which could in turn increase your membership fee. Please return towels to hamper at front desk or back door.

PROPER HYGIENE REQUIRED
WEAR CLEAN CLOTHES while working out. Inappropriate body odor is offensive.
Dry, closed-top athletic shoes are required. No dress shoes, boots or sandals are permitted.

PICK UP AFTER YOURSELF
RETURN towels to front desk. Throw paper towels in trash.

USE THE EQUIPMENT PROPERLY
- Do not sit on equipment between sets.
- Do not use weights while on cardio equipment.
- Misusing the equipment can result in injury and/or damage to the equipment; follow directions and instructions. Ask for assistance from the fitness staff if you are unfamiliar with equipment.
- Please return weights and plates to respective racks when you complete your workout.

CLEAN THE MACHINES YOU USE
Members are required to clean each machine including free weight benches and mats after use.

DON’T DISRUPT CLASSES
Be on time for group fitness classes. It is disruptive to the other participants and the instructor when you arrive late. The instructor has the right to refuse admittance.

NO CELL PHONE USE IN THE FITNESS CENTER
Please use your phone in the lobby between Medical and the Fitness Center (not at the front desk) or go outside.

DO NOT TOUCH TELEVISIONS

CARDIOVASCULAR EQUIPMENT USE IS LIMITED TO 30 MINUTES WHEN PEOPLE ARE WAITING

MEMBERS MUST EXIT FITNESS CENTER PROMPTLY AT CLOSING TIME

INDIVIDUALS NOT ADHERING TO THESE POLICIES MAY BE ASKED TO LEAVE THE FACILITY. MANAGEMENT RESERVES THE RIGHT TO REVOKE THE MEMBERSHIP OF ANYONE WHO VIOLATES THE RULES.