

Fitness Room Rules

1. There is an annual fee of \$5 for residents and \$8 for nonresidents to use the Rec Center fitness room. Each individual visit will cost an additional \$2R or \$3NR. A 20 visit punch card is available for \$30R or \$40NR.
 - Annual pass and punch card are able to be used at both the Rec Center and the Neighborhood Guild.
2. The fitness room is for participants ages 13+. Ages 13-17 are required to have a parent permission form on file before using fitness equipment.
3. Proper workout attire must be worn at all times. This includes closed toed athletic shoes, shirts, and athletic shorts or pants.
4. No food allowed.
5. Please limit cell phone conversations.
6. Appropriate language is expected at all times.
7. Audible devices are limited to personal use with headphones. Please no external speakers, radios, stereos, etc.
8. Please clean equipment when finished as well as the floor if necessary.
9. Prior to using equipment, read all warning labels and instructions affixed to the machine.
10. Do not use equipment that you are unfamiliar with. If you have questions, please ask the Rec Center staff.
11. Please report any issues with equipment that is not functioning properly to the Rec Center staff.
12. If you are feel pain, faint, dizziness, or discomfort, discontinue exercising immediately and notify Rec Center staff.

