

Weight and Fitness Room Rules

1. Please sign in and pay fee at front office before entering.
2. Proper walking shoes (no bare feet or flip flops) are required. Shirts are required to be worn at all times.
3. When using treadmill please attach the emergency stop safety clip to clothing.
4. Only bottle water is permitted. No food, sport drinks or soft drinks.
5. Return weights to proper racks after use.
6. Wipe off treadmills and other equipment after use.
7. **No one under 16 years old is permitted in the weight and fitness room.**

****Violation of any rules will result in suspension of weight room privileges.**