

Fitness Area Rules

- 1) You must be 15 years of age to be in the fitness area alone. Youths, ages 13, 14, and 15 may be in the fitness under the supervision of an adult. This means the adult must be the workout partner of the youth he or she is supervising. No one under the age of 13 is allowed in the fitness area at any time.
- 2) No food, drinks, or tobacco products of any kind are allowed in the fitness area.
- 3) Shirts and shoes must be worn at all times.
- 4) Please do not allow weights or dumbbells to crash to the floor at the completion of a set. This will cause extensive damage to your carpet, concrete floor, and weights. Please unload all bars and replace weights to their proper places after use.
- 5) Any one performing multiple sets, or supplementing free weights with Nautilus or Cybex, must yield to persons doing circuit training on Nautilus machines.