

Weight Room Rules

Shirt and shoes required at all times.

Please observe common rules of hygiene prior to coming to the weight room.

No horseplay or roughhousing at any time.

Use a spotter for heavier weights.

Only one person on a machine at a time.

Maximum continuous use of any aerobic machine is 30 minutes when someone is waiting.

Please allow others to “work-in” between your sets on the weight equipment.

No children under 12 allowed in the room - ever. Parents, please have your youngsters wait in the upstairs room where they can check in on you every once in a while.

Children between 12 and 16 not allowed between the hours of 5:00 a.m. and 3:00 p.m. Monday through Friday or between the hours of 5:00 a.m. and Noon on Sunday.

Children between 12 and 16 only allowed when accompanied and supervised by a parent or adult over the age of 21.

Children between 12 and 16 must give up use of any piece of aerobic equipment is asked by an adult over the age of 21.

Radios shall not be played between the hours of 8:00 a.m. and 3:00 p.m. Monday through Friday and 5:00 a.m. and Noon on Sunday. During these time periods, only music shall be played using only personal players and headsets. Music may not be heard outside of building.

Please re-rack all dumb bells and all plate weights when you are finished.

No food.

No drinks except water in bottles with closeable tops.