
Fitness Policies

- Participants must be 16 years of age or older.
- Cardiovascular machine use is limited to 30 minutes.
- Equipment must be wiped down after each use.
- Personal Training other than that scheduled through P.E.R.D. is prohibited. Providing these services may result in dismissal from the Fitness Center and loss of membership.
- Use of collars and spotters is recommended. Chalk is prohibited.
- All dumbbells, weights and weight plates must be re-racked after use.
- All equipment must be used in the manner for which it is designed. Standing on benches or equipment frames is not permitted.
- Intentionally slamming or dropping of weights is not permitted.
- Report all injuries and equipment malfunctions to the fitness staff.
- Appropriate exercise attire is required at all times- i.e., T-shirts; soft-soled, non-marking, closed-toe athletic shoes; and athletic pants/shorts. Sandals, bare feet, steel-toed boots, medical scrubs and jeans are not permitted.
- Phone calls, texts and photography are strictly prohibited at all times. Cell phones may be used for listening to audio or using fitness related applications.
- Members are permitted to utilize electronic handheld tablets on the fitness floor for personal viewing and/or audio use.
- Personal belongings such as gym bags, coats and purses, must be kept in a locker.
- Water must be in an enclosed, unbreakable container. Food is prohibited

Group Exercise Policies

- No admittance to any group exercise class after ten minutes once class has begun.
 - Proper indoor, non-marking, close toed athletic footwear must be worn at all times.
 - Wipe off equipment after each use with disinfectant wipes.
 - Place all equipment back neatly in designated areas.
 - No food or drink except for water.
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