

FITNESS CENTER

Must Be 14 Or Older

No Food, Alcohol Or Glass

No Smoking, Vaping Or Tobacco

Keep Your Music To Yourself

Keep Phone Calls To Yourself

CARDIO AREA

Limit Machine Use To 20 Min If Busy

Shirt & Closed Toe Shoes Required

Sanitize Equipment After Use

WEIGHT AREA

Put Away Your Own Weight

Do Not Drop Weight

No Circuit Equipment Use If Busy

Shirt & Closed Toe Shoes Required

Sanitize Equipment After Use

SAUNA/TUB AREA

Non Workout Area

Shower Before Entering Sauna/Tub

TANNING AREA

Non Workout Area

Do Not Push On Acrylic In Bed

Use Tan Bed Safe Lotion & Goggles