

Fitness Center Policies

- 1. Appropriate workout attire is required.**
- 2. Only closed toed athletic shoes are allowed in the fitness center.**
- 3. No food allowed. Only water and sports drinks are allowed.**
- 4. A limit of 30 minutes usage on a single piece of cardio equipment is allowed if there is someone waiting to also use the equipment.**
- 5. No bags are allowed in the fitness center. All bags must be stored in a locker room.**
- 6. Personal locks may be used on lockers. Personal items/equipment are not allowed to be stored overnight. Personal Locks will be cut by the facility staff the next day.**
- 7. Wipe down equipment after usage.**
- 8. Rack your weights and return equipment to its proper location.**
- 9. Profanity and vulgar language is prohibited.**
- 10. Equipment availability is subject to change when reserved for Athletics use or fitness classes.**
- 11. Do not drop dumbbells**
- 12. Do not drop weight stacks when using resistance machines**
- 13. Fitness Center Attendants will ask those not using equipment appropriately to stop or leave the fitness center**

A waiver must be signed to use the fitness center or gym

Users must have a valid Park ID to be in the fitness center or gym