



Weight/Cardio/Stretching Policies

1. Be safe. Workout. Have fun!
2. Patrons must be 15 years of age to use equipment.
3. The Rec Center staff is responsible for determining unsafe behavior and enforcing the comfort and safety for all patrons.
4. Shirts and closed toe/heel shoes must be worn at all times.
5. Walkways, fire exits, and activity areas must remain clear of obstructions.
6. Clips are required when using plates on any barbells. Spotters are recommended.
7. Dropping or slamming the weights, weight stacks, or dumbbells are not permitted.
8. All weight equipment must remain in the Weight Room.
9. Safely load and re-rack weights and dumbbells and return equipment to its designated area.
10. Loose chalk is not permitted.
11. Only authorized Rec Center personal trainers are permitted to conduct personal training in the Rec Center.
12. Report broken equipment, unsafe conditions, and injuries immediately to Rec Center Staff.
13. Any violation of these rules may result in removal from the Rec Center.