

### **Fitness Room Rules**

1. Be considerate of others by returning your weights, etc. to proper locations.
2. Use a towel on benches... for your sanitation and others. Wipe down the equipment after use with the disinfectant spray and paper towels provided.
3. Limit use of equipment to twenty minutes when others are waiting to use it.
4. The fitness room television volume should be kept at a moderate level so other people will not be disturbed. The use of headphones is required at all times when listening to electronic devices other than the fitness room television.
5. No profanity, no bare feet or sandals, no food or glass containers.
6. Dispose of empty bottles, tissue, paper towels, etc, in proper receptacles.
7. If you do not know how to use the fitness equipment, please contact desk personnel for instruction manual.
8. If you experience a problem with any of the fitness equipment, please notify desk personnel or leave a note in the upstairs suggestion box.
9. No one under the age of 15 is permitted to use the fitness room.
10. Anyone age 15 must be accompanied by an adult to use the fitness room.
11. Anyone ages 16 or 17 may use the fitness room only if a parental release form has been signed.
12. No resident under the age of 18 may sponsor a guest in the fitness room, and no guest under the age of 18 years of age may use the fitness room.