

FITNESS CENTER

Must Be 14 Or Older

No Food, Alcohol, Smoking Or Glass

Keep Your Music 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