

## **FITNESS CENTER**

Must Be 14 Or Older

No Food, Alcohol Or Glass

No Smoking, Vaping Or Tobacco

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