

FITNESS CENTER RULES

- Use this facility at your own risk.
- Shirts and clean, closed-toe shoes are required.
- Members wearing jeans or other clothing with rivets or metal buttons are not permitted to use the weight machines or weight benches. Rivets damage upholstery.
- Wipe down equipment before and after each use.
- Do not drop or slam weights or weight sets.
- Stow gym bags in lockers, not on the fitness center floor.
- Avoid using heavily scented personal products.
- No food or beverage—water only.
- Use unbreakable, closed drink containers.
- Limit your time on cardio equipment to 30 minutes when others are waiting.
- Please do not remove hand weights, kettlebells, or barbells from the free weight area. Members who wish to use hand weights while using cardio equipment are welcome to bring their own.
- Kindly step outside the fitness center to take or make calls.
- Headphones or earbuds are required when listening to any audio on a mobile device. Santa Rita Springs has an exception to this rule.
- When the weight circuit is busy, step away from machines for rest periods between sets.
- Children 12 and under are not permitted in the fitness center. Children ages 13-18 are welcome only when accompanied and supervised by an adult.