

Fitness Center Rules

All Users Must Print Their Name and Sign In Before Working Out.

- **Please use clean shoes for the Fitness Center.**
- **Wipe down all equipment after use.**
- **No food or soda in the Fitness Center.**
- **Report broken Fitness Center Equipment.**
- **Make sure water bottles have a closeable top.**
- **Refrain from using loud, foul or slanderous language.**
- **Discard gum in the wastebasket.**
- **Students must be in at least 7th Grade to use the Fitness Center.**
- **No book bags, fanny packs, jackets are permitted in the Fitness Center. Please hang them in the appropriate place.**
- **Please do not move any equipment.**
- **Proper workout clothing must be worn, including shirts that are school appropriate and shoes.**
- **In the winter do not walk in the fitness room with your outside shoes. Keep the salt off the floors and equipment.**
- **The radio and TV's are controlled by staff members only. The volume should be at a comfortable level.**
- **Respect for equipment, facilities, and staff MUST be demonstrated at all times. Misuse of equipment may result in immediate loss of privileges.**