

# THE CENTER AT FOUNDERS VILLAGE SENIOR & COMMUNITY CENTER FITNESS ROOM POLICIES

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- Only members of the Fitness Room may use the equipment. A current membership card must be presented at each visit. Membership cards are non-transferable and may not be used by others. Any unauthorized use of your card may result in termination of membership.
- Workout clothes and athletic, closed toe, shoes must be worn at all times. No opened toe shoes, sandals, or dress shoes are allowed.
- Members must provide their own towels and wipe off equipment after each use. No towel, no entry.
- Personal items must be stored in the cubby cabinet. For safety reasons, no items may be left on the floor near the exercise equipment.
- The City/Center is not responsible for lost, stolen or damaged personal property left in the Center.
- No food, gum, or drink, except water, is allowed in the Fitness Room. A secure closure is required on all water bottles (no open cups).
- Cell phones should be silenced or turned off while in the Fitness Room. Cell phone calls are prohibited in the Fitness Room.
- Personal audio units must be used with head phones, so that audio is not heard.
- Unauthorized personal training or instructing is prohibited.
- Orientation demonstrations on equipment take precedence over drop-in usage.
- When there are multiple users for the weight machine equipment, clients are asked to abide by standard Fitness room etiquette: All users are expected to vacate the exercise stations upon the completion of each set of repetitions or limit time to twenty (20) minutes on cardio equipment in order to allow for use by other clients.
- Clients are responsible to adhere to all activity and equipment use guidelines prescribed by their personal medical professional.
- Clients are asked to use caution with all equipment. Should you feel faint, dizzy, queasy or ill in any way, please stop exercising and contact Center Staff immediately.
- The City and fitness contractor assume no responsibility or liability for a clients misuse of equipment or failure to adhere to guidelines provided by client's medical professional or equipment manufacturer. Please report any piece of equipment that is not functioning properly (do not attempt to fix) to our front desk immediately.
- Members are required to follow direction from Center Staff. Inappropriate behavior such as profanity, abusive language, rudeness, theft of property and physical contact is prohibited. Violation of Center policies may result in termination of membership.

**THANK YOU FOR YOUR COOPERATION**