

# **Ste. Genevieve County Community Center Fitness Area Rules and Guidelines**

## **Fitness Area**

- **Before beginning a new fitness routine at the Ste. Genevieve County Community Center, we encourage all participants to consult with their physician.**
- **Individuals must be 16 years of age or older to use equipment.**
- **Individuals, ages 14 – 16, are eligible to use the fitness area after completing a mandatory weight training/fitness room orientation.**
- **A record of all youths that have completed the weight training class will be available at the front desk and fitness desk. We must also have a signed permission slip on file for each youth.**
- **Please return plates/dumbbells to proper location on racks.**
- **Please use lockers to store personal items such as gym bags, coats, etc. Do not leave belongings on the fitness area floor.**
- **Shirts and closed-ended shoes must be worn at all times.**
- **Persons exiting the pool must shower and/or change clothing before entering the fitness area.**
- **A waiting list will be started when individuals are waiting to use the cardio equipment. A 30-minute time limit will be enforced.**
- **Wipe down all weight machines and cardiovascular equipment after use.**
- **No food or gum allowed in the fitness area. Sealable containers, such as water bottles, are permissible.**

## **Personal Trainers**

- **All personal trainers using the fitness area must be employed by the Ste. Genevieve County Community Center.**
- **All personal training sessions must be arranged by the Community Center staff.**
- **Anyone participating in a personal training session not associated with the Ste. Genevieve County Community Center will have his or her membership revoked.**
- **All personal training sessions are arranged at the front desk.**

## **Walking Track**

- **Food and chewing gum are not allowed on track. Water bottles are permitted.**
- **Walkers/Joggers must be at least 14 years of age. An adult must accompany anyone under the age of 14.**
- **Stretch before entering lanes.**
- **Tennis shoes or walking shoes are required to use the track.**
- **No spitting on the walls or the track.**
- **Slower traffic should use the inside lanes. Outside lanes will be used for passing.**
- **Ten (10) laps equals 1 mile.**
- **Direction will be displayed and alternated daily.**