

FITNESS FLOOR ETQUETTE

FOR THE SAFETY AND ENJOYMENT OF ALL VISITORS



GYM SHOES & PROPER FITNESS ATTIRE REQUIRED

Street shoes, Crocs, boots, sandals, socks only, bare feet or open-toed shoes are not permitted.



BAGS, COATS, ETC.

Bags, coats and extra clothing should not be taken onto the fitness floor. Please utilize the locker room or coat rack.



WATER ONLY

Please bring water only into the fitness center. Food, gum and other beverages are not allowed in addition to chalk.



HANDLE EQUIPMENT WITH CARE

Please use equipment for its intended use only. Dropping or slamming weights is prohibited.



CELL PHONE AND CAMERA USE IS PROHIBITED

in the locker rooms.



CLEAN EQUIPMENT

Please clean equipment before and after use.



AVOID TEXTING & PHONE CALLS WHILE WORKING OUT.

Please be considerate of others and avoid texting and making phone calls while on equipment.



SHARE EQUIPMENT BETWEEN SETS

During peak times, please allow other members to utilize equipment during set rests.



VIDEO RECORDINGS

require pre-approval from management.



RETURNING EQUIPMENT

Please re-rack equipment when finished.



USE OF PROFANITY IS PROHIBITED

Please refrain from the use of profanity, as it is considered offensive, disorderly conduct.



LIMIT CARDIO TIME

During peak times, please limit your time on cardio equipment to 30 minutes.

THANK YOU FOR YOUR COOPERATION IN RESPECTING THE FACILITY, STAFF AND MEMBERS

The Park District reserves the right to amend rules to ensure the safety and well-being of all visitors. Questions or concerns? Our staff are happy to assist you during your visit!