

FITNESS CENTER RULES

AT THE STATION

1. Children under 13 are not permitted to use the Fitness Center under any circumstances.
2. Persons between the ages of 13 to 15 are required to complete a Fitness Center Orientation Program in order to use the equipment. Those who complete the program will be given a Fitness Center pass. Ask front desk staff for more details.
3. No food or drink is permitted anywhere in the Fitness Center unless it has been approved by The Station. Water in squeeze bottles with a lid or controlled spout is the only exception.
4. Proper exercise attire is required and should cover the body appropriately. Mesh shirts are not permitted.
5. In an effort to minimize damage to our floor surfaces, patrons are asked to wear clean athletic shoes that have scuff-resistance, non-marking soles in all activity areas of the facility. Patrons wearing shoes that will damage the floor may not continue in the activity unless the shoes are changed – being without shoes is not an acceptable alternative. Close-toed shoes are required on the Fitness Center.
6. Patrons are encouraged to bring a dry towel to wipe any perspiration from the weight equipment, benches and cardiovascular equipment after use.
7. The use of chalk is prohibited.
8. Moving equipment, benches, or dumbbells from the free weight area into another area is not permitted.
9. Spring collars must be used with all bars in free weight lifting.
10. Spotters are recommended at all press stations.
11. Patrons must use extreme caution when lifting weights to avoid any potential injury. Instruction placards should be followed/observed when using the weight equipment.
12. Weights and dumbbells should not be dropped, placed on vinyl benches, or rested against the walls, equipment or mirrors.
13. Patrons using cardiovascular or strength equipment in an unsafe manner will be instructed on appropriate techniques or procedures.
14. Cardiovascular Equipment Time Limit: All cardiovascular equipment is operated on a first come, first serve basis. In order to avoid congestion and waiting lines, and to provide use of cardiovascular equipment equally to all patrons, there will be a 30-minute workout time limit per machine on the Fitness Center. The time limit procedure is intended to be participant monitored. The Fitness Center staff will settle any disputes.
15. All concerns, equipment malfunctions, and maintenance needs should be reported to The Station staff.
16. The Station staff has the authority and responsibility to direct individuals not abiding by the policies or creating a disruption, to leave the facility. Failure to comply with such instructions or with policies of the Fitness Center may result in disciplinary action.
17. To protect individual's privacy, please refrain from taking photos or videos.

Jogging/Walking Track Rules

1. All participants must place their personal belongings in secured lockers in the locker rooms.
2. Children 8-12 must be accompanied by an adult.
3. Stretching is allowed in designated areas only.
4. Spectating activities from the Track area is prohibited.
5. No strollers are permitted on the Track.
6. The Track is designed for fitness use only.
7. Any type of athletic equipment including basketballs, volleyballs, etc. is not permitted on the Track.
8. All walkers/runners are required to follow the daily directional arrows.
9. Lane designations are as follows: Inside lane – walkers, middle lanes – passing and outside lanes – runners.
10. All concerns, equipment malfunctions, and maintenance needs should be reported to The Station staff.
11. Users of the Track must comply with all instructions given by the staff. The Station staff has the authority and responsibility to direct individuals not abiding by the policies or creating a disruption, to leave the facility. Failure to comply with such instructions or with policies of the Track may result in disciplinary action.

