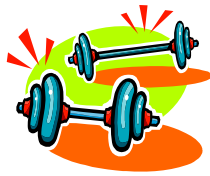


# Fitness Center Guidelines and Rules



## Guidelines:

- ◆ For your protection, consult a physician before beginning a fitness routine.
- ◆ It is recommended that members attend a Fitness Center Orientation. Check with any Major Social Center office for scheduled times and dates.

## Rules:

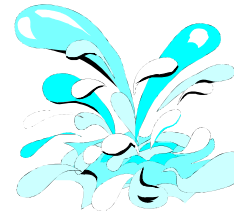
- ◆ Members/Guests/Tenants must swipe in at the attendance reader. Please be prepared to show your GVR or guest card upon request.
- ◆ Children 12 and under are not permitted in the fitness centers. Youths 13-17 must be accompanied and supervised by a GVR cardholder. Guests 18 and older must have a guest card and swipe the attendance reader.
- ◆ Appropriate clothing and footwear are required at all times: See posted rules in the fitness rooms for detailed list. If you need to wear shoes other than as designated appropriate, please supply a doctor's written excuse to GVR Membership office to obtain a sticker for your membership card prior to using the facility.
- ◆ Gym bags are not permitted in the fitness centers.
- ◆ Replace weights and other equipment in their correct location.
- ◆ No food is allowed in the fitness room. Non-alcoholic beverages are permitted in resealable, non-spillable plastic bottles.
- ◆ Limit your time on aerobic equipment to 25 minutes. Check the sign-in board. If no one is waiting for your equipment, you may put your name on the board and begin another 25 minute workout session. You must yield the equipment at the end of your 25 minute workout (which include a 5-minute cool down) - if someone is signed up for the equipment.
- ◆ Wipe down equipment after each use. Please use the supplied disinfectant and paper towels. Spray disinfectant on the paper towel(s). Do not spray disinfectant directly on equipment. Do not use personal towels to wipe off equipment.
- ◆ Volunteer Monitors are assigned by GVR to assure that members and guests follow GVR policies, rules, and safety guidelines. Please respond to their guidance and directions in a courteous and respectful manner in all GVR facilities. All members and guests must abide by GVR's Code of Conduct Policy.
- ◆ Please see posted rules in the fitness centers for additional information.

**USE EQUIPMENT AT YOUR OWN RISK** Rev. 10/10



# Green Valley Recreation, Inc.

## Guidelines for Pools / Spas and Fitness Rooms



### Pool & Spa Hours

#### Summer Hours (Apr. 8 - Oct. 14)

\*6:00am to 9:00pm

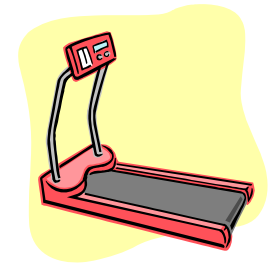
**\*Pools open at 5:30am**

#### Winter (Oct. 15 - Apr. 7)

7:00am to 7:00pm

#### Canoa Ranch Pool Hours

6:00am to 9:00pm year round



### Fitness Room Hours

Monday - Sunday  
5:30am to 9:00pm

- \*Canoa Hills
- \*Canoa Ranch
- \*Desert Hills
- \*East Center
- \*Las Campanas
- \*Santa Rita Springs

**We would like to extend a warm welcome to our  
GVR Members and Guests. Enjoy your visit!  
Please feel free to use our facilities, but review  
and observe the information in this pamphlet.  
Thank you!**