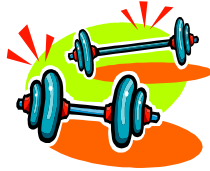


Fitness Center Guidelines and Rules



Green Valley Recreation, Inc.

Guidelines:

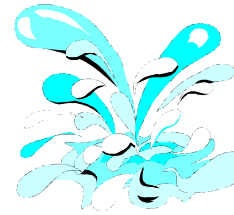
- ◆ For your protection, consult a physician before beginning a fitness routine.
- ◆ It is recommended that members attend a Fitness Room Orientation. Check with any Major Social Center office for scheduled times and dates.

Rules:

- ◆ Members/Guests/Tenants must sign in and show GVR membership card to monitor on duty before using facilities. A Guest card **must** be obtained for any individual who is eighteen years of age or older prior to using any GVR facilities. This policy applies to a Guest even if the member is accompanying a Guest to the facilities.
- ◆ Children under 13 years are not permitted in fitness rooms. Children 13-17 years must be accompanied and supervised by a GVR card holder.
- ◆ Appropriate clothing and footwear are required at all times:
 - Acceptable: Athletic footwear is required at all times, i.e., sneakers, tennis shoes, walking shoes. Comfortable clothing such as jogging suits, shorts, t-shirts, slacks, and tank tops should be worn.
 - Not Acceptable: Sandals, hiking boots, thongs, shower shoes, heels, etc. No swim suits.
- ◆ 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 off machines before and after use.** Paper towels and disinfectant are available or you may bring your own towel.
- ◆ On-duty GVR Fitness Monitors are authorized GVR representatives assigned to manage the fitness centers.

USE EQUIPMENT AT YOUR OWN RISK

Guidelines for Pools / Spas and Fitness Rooms



Pool & Spa Hours

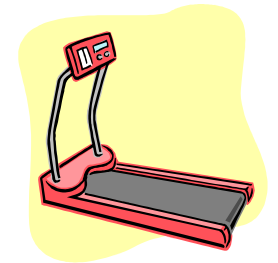
Summer Hours (Mar. 12 - Oct. 15)

*6:00am to 9:00pm

Winter (Oct. 16 - Mar. 11)

7:00am to 7:00pm

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



Fitness Room Hours

Monday - Sunday

5:30am to 9:00pm

*Canoa Hills

*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!**