



FITNESS CENTER RULES

- For your protection, please consult a physician before beginning any exercise program. Contact your physician if you experience any symptoms of weakness, unsteadiness, light-headedness, dizziness, chest pain or pressure, nausea, shortness of breath, or any other medical symptom.
- Children under the age of 13 are not permitted inside fitness rooms. Children ages 13-17 must be accompanied by an adult.
- Proper sportswear is required at all times - to include a shirt, pants or shorts, and closed-toe footwear.
- Please wipe down the machines before and after every use; sanitation wipes are available for your convenience. Please bring your own personal towel.
- Please replace all equipment (free weights, dumbbells, core strength equipment, etc.) after use, and please do not leave any items on the floor.
- Please do not drop the free weights (dumbbells, weight plates, etc.).
- Bags of any kind are prohibited inside the fitness rooms. For your convenience, storage lockers are available in restroom facilities.
- Food is not allowed in the fitness rooms. Only water is permitted, and must be kept in a re-sealable, non-spillable and non-breakable (non-glass) bottle.
- Please avoid using fragrances such as perfumes and colognes while inside the fitness center.
- Time on cardio equipment (treadmills, ellipticals, bikes, etc.) is limited to 30-minute intervals. If someone has signed up for the equipment before the end of a 30-minute interval, the user must yield the equipment at the end of the interval. If no one is waiting for the equipment, the user may complete another 30-minute interval (even if someone does come in and signs in for the equipment during that interval).
- The use of an emergency disengagement lanyard is required at all times while using cardiovascular equipment (lanyards attach from machine to user's clothing).
- Phone conversations are prohibited while inside the fitness centers. If you must make/receive a call, please step outside.
- Please limit personal conversations while inside the fitness center, please step outside if you need to have a conversation with another member or members.
- The use of headphones when listening to your portable media device is required. Use of external audio (speakers) is prohibited.
- Unsafe, abusive or negligent operation of equipment may result in suspension or revocation of your member privileges.
- Please be courteous and share the equipment. Two or more members may alternate sets to accommodate multiple users on equipment.
- Aggressive or intrusive behavior towards GVR members, staff, volunteers, representatives or guests may result in suspension or revocation of your member privileges.
- GVR Staff, volunteers and representatives are to be respected and their instructions are to be followed in a timely manner.
- Violations of GVR Rules or Code of Conduct may result in suspension or revocation of your member privileges.

Please consult your physician before beginning any exercise program. Green Valley Recreation, Inc., staff, volunteers, and representatives do not warrant or assume any legal liability or responsibility for injuries that may occur due to improper or inappropriate use of recreational equipment.