

Fitness Center Expectations, Rules and Regulations-

1. No one is permitted in fitness center without a fitness center supervisor present.
2. All participants must present ID Badge upon entering the fitness center, including students in grades nine thru twelve. Students in fifth grade and under are not permitted in fitness center due to health/safety requirements.
3. Middle School students must be accompanied by registered parent/guardian while using the fitness center.
4. Participants are not permitted in the office, unless accompanied by the supervisor.
5. Proper attire must be worn: T-shirt, shorts or sweatpants, sneakers. Do not wear jewelry or watches. Loose or extended scoop tank tops and tops that expose the abdomen are not allowed.
6. Cell phones are not to be used in the fitness center.
7. Follow warm-up and cool-down procedures.
8. Spotters must be used for all mandatory spotting exercises.
9. Collars must be used during all barbell exercises.
10. Strip all bars and machines of weights after use.
11. Rack all plates in the proper location.
12. Rack all dumbbells in the proper location on the dumbbell racks.
13. Wipe down each piece of equipment after use.
14. Plastic water bottles only are permitted; gum, food and other drinks are not.
15. Show respect for equipment and facilities at all times.
16. Report any facility related injury or broken equipment to a supervisor.
17. Socializing is not tolerated. Workout or get out.

17. Hours of operation will be Monday thru Thursday from 6pm to 9pm on days that school is in session.