

## **Fitness Area Q&A**

### **What are the age requirements for the Fitness Area?**

Children under the age of 12 are not allowed in the Fitness Area. Participants 12-17 years old are required to complete an equipment orientation before being allowed in the Fitness Area. Over 18/New Members are required to complete an equipment orientation or sign a waiver.

### **Do you have anyone who can show me how to use the Fitness Equipment?**

Yes, if you need help getting started or just need a refresher on how to use the cardio and strength equipment, trained Fitness Staff are on duty at all times to help you meet your everyday fitness goals.

### **How do I schedule a Fitness Equipment Orientation?**

Simply call the Fitness Desk at (276) 223-3527 or stop by to schedule an appointment. Equipment orientations must be scheduled at the Fitness Desk a day in advance.

### **Can I exercise without shoes or with flip flops on?**

No, closed toed athletic shoes are required at all times.

### **Can I exercise with blue jeans on?**

No, the metal tabs on the blue jeans can tear our upholstery.

### **Do I have to disinfect the Fitness Equipment after each use?**

Yes, we provide you with clean towels and disinfectant spray for you to wipe off the equipment when you are finished.

### **Do I have to re-rack my weights in the free weight area?**

Yes, we ask all participants to be courteous of other members and re-rack all plates, dumbbells and cable accessories when finished.

### **Do you offer Personal Training?**

Yes, see the Fitness Desk Staff for more information regarding pricing and trainer availability.