

FITNESS AREA RULES

Children **Under 12 Are Not** allowed in the Fitness Area or Fitness Area Hallway. No exceptions. **This includes baby carriers & strollers.**

- **12-17 Years Old:** Are required to complete and equipment orientation before being allowed in the Fitness Area. These individuals will receive an orange orientation card that must be present at all times in the Fitness Area.
- **12-13:** Precor Cardio Equipment and Precor Machines **Only.**
- **12-13 Advanced Orientation:** Must attend a two-day Advanced Youth Orientation before being allowed in the free weight area unsupervised. These individuals will receive a lime green orientation card that must be present at all times in the Fitness Area.
- **Over 18/New Members:** must receive equipment orientation from Fitness Staff or sign an orientation waiver.
- Please be courteous at all times. No cursing, spitting, or offensive language will be permitted.
- **Proper athletic attire must be worn at all times.** The following items are strictly prohibited in the Fitness Area: Open toed or heeled shoes, flip flops, sandals, belt buckles, blue jeans, loose jewelry items, offensive clothing including short shorts, sports bras, revealing tanks or t-shirts and any clothing with offensive language.
- During peak hours limit your time on cardio equipment to **30 minutes** and **20 minutes** on the squat/power rack.
- Keep all hands and feet away from all moving parts and weight stacks.
- Allow others to work in during your rest periods.
- **Chalk use is strictly prohibited.**
- Always use a spotter when attempting maximum weight.
- **7ft Olympic Barbell use is strictly prohibited in the Fitness Area Hallway.**
- **DO NOT drop or throw plates and/or dumbbells.**
- **Participants are required to re-rack all plates, dumbbells and accessories when finished.**
- **DO NOT** attempt to repair or adjust any equipment that has malfunctioned report any malfunctions to Fitness Staff immediately.
- Fitness equipment and/or accessories are provided for use within the Fitness Area and are not to be removed from this area or the facility at any time.
- Drink and/or food items are **not allowed.** Except for spill proof water bottles.
- **It is required** that all participants disinfect any piece of equipment that they use. Towels, wipes and disinfectant solution are provided to wipe off all cardio, strength, free weight equipment, mats, stability balls, and accessories. **Do not** remove these towels from the Fitness Area. Please place your towel in the designated towel drop area and return disinfectant solution to designated area.
- Personal Training is only allowed by the Wytheville Community Center's Certified Personal Trainers.
- Proper hygiene needs to be maintained at all time. No open wounds or offensive/ strong odor.



Town of Wytheville
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