

FITNESS CENTER RULES

EXERCISE AT YOUR OWN RISK

Serious injury can occur when using any exercise equipment. To protect your safety and the safety of others, please follow these precautions whenever using any equipment in this room.

- Youth under the age of 18 must be supervised and accompanied by a responsible adult. Children 12 or younger are not allowed.
- See your doctor to make sure your exercise program is suitable for you. Know that you are physically able to use the exercise equipment.
- Stop exercising if you feel pain, faint, dizzy, nausea, shortness of breath or any sign of illness or injury.
- Equipment must be properly used as stated by the manufacturer; in addition, read instructions on each piece of equipment for additional instruction.
- Safety clips must be used on treadmills
- Inspect equipment for defects or damage before using. Check cables and connections. Do not use any equipment you fear may be damaged or defective. Do not try to repair a machine yourself, call City Hall immediately at 632-6300, Monday thru Thursday from 7:00 a.m. to 5:30 p.m.
- If using weight equipment, use only the factory supplied increments in an appropriate manner. Do not put hands on or near the weight stack.
- Stand clear of equipment while in use by other members.
- Keep your body and clothing free from all moving parts.
- Notify City Hall of any safety concerns; if equipment should malfunction, do not attempt to repair but advise City Hall immediately at 505-632-6300, Monday thru Thursday from 7:00 a.m. to 5:30 p.m.
- Shirts and shoes must be worn at all times. No sandals or flip-flops.
- Please be watchful of your belongings. We are not responsible for lost or stolen items. Please lock your belongings in a locker.
- Wipe down equipment and headphones after use.
- No cell phone use on equipment.
- Notify City Hall if fitness center or bathrooms need cleaning at 505-632-6300.
- Non-members are not allowed (violators will be fined up to \$200) Video monitoring will insure compliance.

I agree to follow the above rules: _____

Signature

Call 911 for an Emergency