



Wyoming Recreation Center

Fitness Center Rules

- 1 Children under 12 years old are not permitted to use the fitness center unless accompanied by a trainer. Those ages 12-13 must be accompanied by an adult when using the fitness center.
- 2 Teens ages 14-17 must complete a fitness center orientation before permitted to work out alone.
- 3 Wipe down equipment after use with sanitizer and towels.
- 4 Refrain from use of profanity.
- 5 Unload bars and return weights to their proper space.
- 6 Do not move equipment.
- 7 Do not drop weights.
- 8 No food or gum allowed.
- 9 Wear headphones when listening to music.
- 10 Take phone calls outside the fitness center.
- 11 Allow others to use equipment while resting. Look up from your phone.
- 12 Only wear closed toed shoes. No crocs, sandals, flip-flops or cleats.
- 13 Minimize crowding around equipment.
- 14 Place large personal items in a cubby or locker.
- 15 Be respectful of other gym users.