



Wyoming Recreation Center Fitness Center Rules

- Only Recreation Center members are allowed in the Fitness Center.
- No one under 12 years old is permitted to use the Fitness Center. Children 12 to 16 years old may use the Fitness Center without restriction once they have completed a Fitness Orientation.
- No radios or boom boxes are permitted. Facility sound system will be controlled by the staff who will set the stations to accommodate the majority of patrons. Headsets are permitted.
- Patrons may request that the front desk change the TV stations.
- Gym bags, purses or other personal items must be stored in lockers or cubbies. Coats must be hung in lockers or cubbies.
- Do not drop weights or stack weights. Unload barbells after use, and return all weights to their proper locations.
- Please use the fitness equipment for exercise only. When you are finished, vacate the machine.
- During peak usage times, cardio equipment will be available on a first come first serve basis, and a time limit of 30 minutes will be observed.
- Users are required to clean equipment after use with the paper towels and cleaner or sanitizing wipes that are provided.
- Proper athletic shoes and clothing are required at all times.
- Bare feet, sandals, or other open toed shoes are prohibited.
- Profane language is not permitted.
- Ask for assistance if you do not know how to use the equipment.
- No food or gum permitted in the Fitness Center.

Adopted 3/23/17