

FITNESS CENTER GUIDELINES

1. A child 10 years old and up can be on a Treadmill, Bike or any Cardio-equipment as long as they are supervised by a parent or personal trainer.
 - a.They are not permitted to use weights, must be 14 years old and up to use weights.
2. Please ask a staff member to change TV or to turn up volume.
3. No dropping or throwing of weights.
4. Let people work in between sets.
 - a.Re-rack your weights when completed
5. No foul language.
6. Wipe down equipment when completed.
7. 45 minutes in length for all cardio equipment if there is a wait for a machine.
8. Please be courteous & considerate of your fellow gym patrons.

As always, please speak to the Fitness attendant or CCC staff if you have any issues or concerns.

