

Fitness Rules

AT THE STATION



Fitness Area Rules

1. Children under 13 are not permitted in the fitness area under any circumstances
2. Persons between the ages of 13 to 15 are required to complete a Fitness Orientation Program in order to use the equipment. Those who complete the program will be given a Fitness Pass.
3. No basketballs are allowed upstairs.
4. The Station provides personal training to Passholders, any unauthorized personal training can/will result in Passholder termination.
5. Solicitation or promotion of supplements and outside health & fitness training is prohibited.
6. Group led instruction is prohibited.
7. Outside fitness equipment and/or accessories is prohibited.
8. Recording videos or taking pictures is not permitted in the fitness floor area under any circumstances.
9. No food or drink is permitted anywhere in the fitness area unless it has been approved by The Station. Water in squeeze bottles with a lid or controlled spout is the only exception.
10. Appropriate workout attire is required. No clothing that may be inappropriate in a family environment allowed. Shirts must be worn at all time and should cover the body appropriately, including bare "mid-drift". To ensure length, shirt must meet pants. Mesh shirts and jeans are not permitted.
11. Profanity, excessive loud and suggestive language, and sexual harassment are not permitted.
12. Non-marking, closed toe athletic shoes must be worn in all fitness areas.
13. Patrons are encouraged to wipe any perspiration from the weight equipment, benches and cardiovascular equipment after each use, with the cleaning materials provided.
14. The use of chalk is prohibited.
15. Rack your weights.
16. Moving equipment, benches, or dumbbells from the free weight area into another area is not permitted.
17. Spring collars must be used with all bars in free weight lifting. Spotters are recommended at all press stations.
18. Patrons must use extreme caution when lifting weights to avoid any potential injury. Instruction placards should be followed/observed when using the weight equipment. The Station is not responsible for injury in result of equipment misuse.
19. Weights and dumbbells should not be dropped, slammed, placed on vinyl benches, or rested against the walls, equipment or mirrors. Patrons using cardiovascular or strength equipment in an unsafe manner will be instructed on proper use of equipment or mirrors.
20. Cardiovascular Equipment Time Limit: All cardiovascular equipment is operated on a first come, first serve basis. During peak times or when people are waiting, there will be a 30-min workout time limit per machine
21. Walking aisles needs to be kept clear. Gym bags, purses, or other large personal items needs to be stored in a locker in the locker room or the cubbies located on the south fitness center wall.
22. All concerns, equipment malfunctions, and maintenance needs should be reported to The Station staff.
23. The Station staff has the authority and responsibility to direct individuals, not abiding by the policies or creating a disruption, to leave the facility. Failure to comply with such instructions or with policies of the fitness area may result in disciplinary action.

Group Exercise Room Rules

1. All participants must place their personal belongings in the cubbies or in secured lockers in the locker rooms.
2. Children under 16 years of age are not permitted in the group fitness rooms.
3. Group fitness spectating is not permitted under any circumstance, including but not limited to, children under the age of 16. All persons in the group exercise rooms must be participating in class and have either taken our youth fitness orientation or be over the age of 16.
4. Group instruction equipment and weights should not be dropped or mishandled and may only be used during appropriate group exercise classes.
5. All equipment must be returned to the appropriate storage location.
6. Non-marking, closed toe athletic shoes must be worn in all fitness areas. Being without shoes or open toed shoes are not an acceptable alternative.
7. All concerns, equipment malfunctions, and maintenance needs should be reported to The Station staff.
8. The Station Staff has the authority and responsibility to direct individuals, not abiding by the policies or creating a disruption, to leave the facility. Failure to comply with such instructions or with policies of the fitness area may result in disciplinary action.

Jogging/Walking Track Rules

1. All participants must place their personal belongings in the cubbies or in secured lockers in the locker rooms.
2. Children 8-12 must be accompanied by an adult at all times. Children are permitted only on the track and may not use the equipment in the fitness corners.
3. "Baby wearing" is permitted on the walking track only; all other equipment may not be used while baby wearing.
 - Parents may not carry their infant around the track and must use a baby wearing device.
 - All infants must be less than 1 year old and may not be taken out of the carrier to walk or crawl on the track.
 - Parents must use a device that has been approved and advertised for baby wearing.
 - Parents are encouraged to use caution during peak times.
4. Spectating activities from the track area is prohibited.
5. No strollers are permitted on the track.
6. The track is designed for fitness use only.
7. Any type of athletic equipment including basketballs, volleyballs, etc. is not permitted on the track.
8. Stretching is allowed in designated areas only.
9. All walkers/runners are required to follow the daily directional arrows and lane designations. Lane designations are as follows: Inside lane- walked, middle lane, passing, and outside lane- runners.
10. All concerns, equipment malfunctions, and maintenance needs should be reported to The Station staff.
11. The Station staff has the authority and responsibility to direct individuals, not abiding by the policies or creating a disruption, to leave the facility. Failure to comply with such instructions or with policies of the Fitness Floor Area may result in disciplinary action.