

WESTHILL FITNESS CENTER REGUALTIONS AND RULES FOR USE

1. ALL USERS MUST HAVE COMPLETED THE FITNESS CENTER ORIENTATION PROGRAM. IF YOU ARE UNCERTAIN AS TO THE PROPER USE OF AN EXERCISE STATION, CONSULT THE MONITOR IMMEDIATELY.

2. **ABSOLUTELY NO FOOD OR DRINK OF ANY KIND ALLOWED IN THE FITNESS CENTER.** A WATER FOUNTAIN IS LOCATED IN THE LOBBY FOR YOUR USE.

3. CLEAN AND DRY ATHLETIC SNEAKERS MUST BE WORN (NO SHOES WORN OUTSIDE ARE ALLOWED IN THE CENTER

4. CLEAN ATHLETIC APPAREL MUST BE WORN DURING WORKOUTS. NO JEANS, CUT-OFF SHORTS, SHORTS WITH ZIPPERS, BUTTONS, ETC. ARE ALLOWED

5. ALL MACHINES MUST BE CLEANED AFTER THE USER COMPLETES HIS/HER EXERCISE. SPRAY BOTTLES AND TOWELS ARE AVAILABLE IN THE CENTER. IT IS RECOMMENDED THAT YOU BRING YOUR OWN TOWEL TO CLEAN UP PERSPIRATION LEFT ON PADDING, FRAME, FLOOR ETC.

6. DO NOT BRING CHILDREN WITH YOU. (NO CHILDREN UNDER 7TH GRADE ARE ALLOWED IN THE CENTER AT ANY TIME) ADULT DISTRICT RESIDENT USE TIME IS DESIGNATED FOR POST-HIGH SCHOOL AGE DISTRICT RESIDENTS ONLY.

7. THERE IS A TWENTY-MINUTE TIME LIMIT ON ALL CARDIOVASCULAR EQUIPMENT WHEN OTHERS ARE WAITING.

8. DROPPING OR SLAMMING OF ANY WEIGHT EQUIPMENT IS PROHIBITED. ANY USER NOT FOLLOWING PROPER TECHNIQUE AND SAFETY GUIDELINES WILL HAVE THEIR PASS REVOKED

9. SAFETY COLLARS ARE TO BE USED AT ALL TIMES WHEN USING THE BAR AND FREE WEIGHT PLATES

10. ALLOW OTHER PARTICIPANTS TO USE YOUR STATION IN BETWEEN YOUR SETS

11. ALL AUDIO/VIDEO EQUIPMENT IS TO BE ADJUSTED BY THE FITNESS MONITOR ONLY

12. IF YOU NOTICE ANY PROBLEM WITH A MACHINE WHILE PERFORMING AN EXERCISE, BRING IT TO THE ATTENTION OF THE FITNESS CENTER MONITOR IMMEDIATELY

13. BE COURTEOUS AND HELPFUL TO OTHERS UTILIZING THE FACILITY AND ENJOY YOUR WORKOUT!