

Attention Adult Fitness Members

Please note the rules below

- Everyone must fill out a health history and informed consent form before they use the gym.
- Members will be asked to fill out a new health history and informed consent form each consecutive year.
- Members must sign-in before using any equipment
- Members must clean equipment after use with sanitizer provided

Children

- Children UNDER 10 years old are NOT allowed to use the exercise equipment.
- Children 10-15 MUST be accompanied by a parent and be supervised at all times.
- Children 15-18 may use the gym without a parent; however, children MUST bring a note signed by a parent stating permission.

We look forward to assisting you with your journey to total wellness.