

5.E. FITNESS CENTER

1. **Eligibility:** The Fitness Center may only be used by persons holding a Foundation Issued Card. Persons holding a Guest Card may not bring guests.
 - 1.1. Eligible Users are required to present their Foundation Issued Card at the fitness deck prior to use.
 - 1.2. A fitness orientation is required of all new users.
 - 1.3. Users must be at least thirteen (13) years of age. Persons under sixteen (16) must be accompanied by a person sixteen (16) years of age or older unless working with a trainer, therapist or instructor.
 - 1.4. All guests are required to have a Guest Card to use the Fitness Center. An additional fee is charged for guests until noon November through April.
2. **General Rules**
 - 2.1. Only authorized professionals may provide personal services.
 - 2.2. There is a thirty (30) minute time limit on cardiovascular equipment when others are waiting.
 - 2.3. Persons using weight equipment must allow others to “work through” and not monopolize individual stations.
 - 2.4. Equipment must be wiped down after heavy use, using the disinfectant wipes available throughout the Fitness Center. Equipment must be returned to its rack after use.
 - 2.5. All users must be properly attired. Proper attire includes pants or shorts, a shirt and appropriate soft soled shoes. Cover ups are required in the locker rooms. Proper footwear is required; open toe shoes are not permitted.
 - 2.6. Cell phones are to be silenced when inside the Fitness Center and phone conversations taken outside.
 - 2.7. Lockers are for daily use only and eligible users are to supply their own locks. Personal items may not be left in a locker; the Pelican Bay Foundation is not responsible for personal items lost or stolen.