

## 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 May.

### **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.