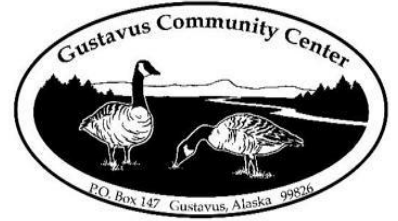


GUSTAVUS COMMUNITY CENTER

FITNESS CENTER RULES



- All users must sign a liability waiver before their 1st use. Please slip the signed waiver under the office door.
- All users must either have a fitness membership or pay a daily use fee. \$2 for youth (21 & under and senior 65+), \$3 for adults. Please slip money under the office door.
- Any questions? Email – gcc.program.director@gmail.com
- Members are responsible for ensuring their guests comply with these rules!

GENERAL

1. All users must sign a fitness room liability waiver.
2. All users must either have a fitness membership or pay a daily use fee.
3. NO SMOKING, NO ALCOHOL
4. NO FOOD OR GLASS BEVERAGES IN FITNESS AREA
5. NO OUTDOOR SHOES ON FITNESS FLOOR
6. USERS UNDER 15 YRS OLD MUST BE ACCOMPANIED BY AN ADULT
7. USE EQUIPMENT AT YOUR OWN RISK
8. USE EQUIPMENT ONLY FOR ITS INTENDED PURPOSE
9. CLEAN AND DISINFECT EQUIPMENT AFTER EACH USE (TOWELS AND SPRAY CLEANER PROVIDED)
10. MAXIMUM WORKOUT TIME LIMITED TO 1.5 HOURS WHEN MAKING ONLINE RESERVATION (if no one waiting when your time is up, you may stay longer)

COVID SPECIFIC

In COVID times, gym use is limited to one person/family/bubble at a time - except for Open Gym, which is generally for 1-2 hours/day. Check the Fitness Center calendar to see the schedule. It is up to each individual gym user to protect themselves from COVID risk.

WEIGHTS

1. PUT WEIGHTS BACK AFTER USE. This should go without saying but it's the number one rule broken in the gym. If you can pick it up, you can put it back. For extra points, if you found a weight somewhere it shouldn't have been, put it back where it should have been.
2. DON'T DROP THE WEIGHTS.
3. KEEP THE EQUIPMENT WHERE IT BELONGS
4. USE SANITIZER & TOWEL TO CLEAN EQUIPMENT AFTER TOUCHING.
5. RESPECT THE PERSONAL SPACE OF OTHERS
6. DON'T HOG THE EQUIPMENT
7. BE CONSIDERATE OF OTHERS

Thank you for patronizing the GCC Fitness Center!