



THE CENTRE

ROLLA'S HEALTH & RECREATION COMPLEX

In order for everyone to have an enjoyable, safe experience at The CENTRE, we ask that you please read and follow the following Fitness Center Guidelines.

- ☐ Youth under 14 are not permitted to use the fitness equipment or be in the fitness area. If they are 14 or 15, they will be permitted in the fitness area only after completing a 1- hour Youth Fitness Orientation. Use of the track is permitted for those under 16 if they are immediately accompanied by a parent. If they have completed the Youth Fitness Orientation, they may use the track without parental/adult supervision.
- ☐ Wear proper attire, which includes socks and closed-toe athletic shoes. No sandals are permitted in the fitness area or on the track. We ask that you not wear jeans when using any of the upholstered equipment. Full length shirts are required in the fitness area.
- ☐ Do not bring your gym bag onto the Fitness Area floor. Locks for lockers are available at the front desk.
- ☐ Carry a workout towel (available in the fitness area) and wipe off equipment when finished.
- ☐ The track changes direction daily. Please look for the signs!
- ☐ Be cautious of those walking/running on the track.
- ☐ The outside lane of the track is for running. The wide, inside lane is reserved for walkers.
- ☐ Strollers are not permitted on track.
- ☐ No food or colored drinks allowed in the Fitness Area. Make sure water bottles have a top that closes.
- ☐ Refrain from using loud, foul, or slanderous language.
- ☐ Do not sit or rest on equipment in between sets. Allow others to “work in.”
- ☐ Do not bang weights or drop dumbbells.
- ☐ Please leave weights, benches, weights or other equipment in its proper location.
- ☐ Collars on weight bars are mandatory at all times.
- ☐ Always use a spotter.
- ☐ Parents who are carrying infants on the track must have them secured in a carrier (such as a Snugglie.)