



## Oaklawn Activity Center Fitness Center Rules

- All participants must check in at the reception desk and fitness center desk.
- Fitness Center orientations are recommended to new members.
- Patrons must be 16 years of age to use Fitness Center. There are **no exceptions** to this rule.
- Appropriate workout attire is required including shirt, shoes; no open-toed shoes are allowed (please make sure shoes are clean and free of mud, sand, etc.).
- Participants are allowed 30 minutes of use on cardio equipment during peak hours.
- Wipe perspiration from machines after each use - cleaning stations are available throughout the Fitness Center.
- Do not drop the weights.
- Please return weights and equipment to their proper place.
- Abusive and profane language will not be tolerated.
- Only Derby Recreation Commission staff is allowed to do personal training in the Fitness Center.
- Please use discretion on the use of perfumes and body sprays.
- If you experience any problems, please notify a staff member as soon as possible.