



# **FITNESS CENTER RULES**

- Before beginning a new fitness routine, Sedalia Parks & Recreation encourages all participants to consult with their physician.
- Proper fitness attire is required at all times, which includes closed-toe athletic shoes (no sandals, work boots or slip-on shoes), shirts (no sports bras or half-shirts- shirts must cover the full torso), proper shorts or sweat pants (no jeans, jean shorts, belts, pants with buttons, snaps, zippers or rivets).
- Due to the inherent risks involved in using fitness training equipment, you must be 16 years of age for all fitness training areas; this includes all weight training and cardiovascular equipment within these areas.
- Youth age births to 9 years of age (with exception of youth programming sponsored by Sedalia Parks & Recreation) are not allowed on the fitness floor or the weight/cardio equipment.
- Youth ages 10-15 years may utilize fitness equipment, if directly supervised by a parent or guardian, after completion of a youth fitness orientation. Youth must wear an orange wristband to be checked out from the fitness desk attendant.
- Youth 15 and under are not allowed to use the power racks or leg press with sled.
- All fitness equipment must be returned to appropriate storage locations after use (i.e. weights must be re-racked).
- Machines must be wiped down after each use.
- All equipment must remain in the Fitness Center. No equipment is permitted for use in hallways or gymnasium.
- The use of chalk is prohibited.
- Dumbbells or other weights are not allowed on cardio equipment.
- If weights, pulleys or other parts become jammed, users should not attempt to free them without staff assistance. Report the problem to the Fitness Attendant.
- Muddy, dirty or excessively wet shoes are not allowed in the Fitness Center.
- Dropping of weights is prohibited.
- Be respectful- screaming, yelling, excessive grunting or use of profane language is prohibited.
- 30 minute time limit on cardiovascular equipment while others are waiting.
- Weight belts are not permitted on benches or any upholstered equipment.
- Collars must be used when working out with barbells to ensure weights do not fall.
- Gym etiquette provides that you allow other guests to work-in if doing more than one set on a piece of strength equipment.
- Sedalia Parks & Recreation is not responsible for personal belongings. Please lock all personal belongings in a locker.
- Food is not permitted in the Fitness Center area; Drinks are permitted in approved closed containers.
- Personal trainers, not approved by Sedalia Parks & Recreation, may not provide their services at the Heckart Community Center. Anyone participating in a personal training session not associated with Sedalia Parks & Recreation approved Personal Trainer may be ejected from the facility and have their membership revoked with no refund. Non-members and their trainers may be ejected from the facility permanently.
- Failure to comply with any of the posted Fitness Center or Sedalia Parks & Recreation rules may result in suspension and/or permanent ejection.