



# Fitness Center Rules

## General

- Consult a physician before starting any fitness program.
- All bags must be stored in fitness lockers.
- City of Mesa is not responsible for lost or stolen items.
- Please wipe down equipment after each use.
- No food or drink other than water in a spill proof container.

## Age Requirements

- Youth under the age of 13 are not allowed in the fitness area.
- Teens ages 13-15 must be accompanied by an adult.

## Attire

- Athletic shoes are required. No open toed or open back shoes.
- Workout attire is required. No jeans, pants or shorts with zippers/buttons/rivets are allowed on any equipment, walking track, cardio equipment or in the free weight/stretching area.
- 30-minute limit on cardio equipment when there is a waiting list.
- Waiting list is for the “NEXT AVAILABLE” and not a particular piece of equipment.
- The person who is on the waiting list is responsible to monitor when equipment becomes available.

## Weight Equipment and Free Weight Area

- Please DO NOT REST on the equipment.
- Please allow others to ‘work in’ between sets.
- Slamming or dropping weights is not allowed.
- Please correctly re-rack weights after use.

## Cleaning Rags

- Please reuse cleaning rag during workout.
- If cleaning rags are not available, please use paper towels.
- Please place used rags in the designated bin.

Failure to follow these rules may result in the suspension of facility privileges.

