



# GYM & FITNESS INFORMATION

## Hours

5:00 AM - 10:00 PM Monday - Friday

6:00 AM - 8:00 PM Saturday and Sunday (regular hours)

6:00 AM - 10:00 PM Saturday and Sunday (summer hours)

(unless otherwise posted)

## General Information

- Weight Room use is limited to members, ages 14 or older.
- Banging or dropping weights is prohibited.
- Proper attire is required, including shirts and athletic shoes
- Other than water, no food or beverage is permitted.
- Please use headphones with personal sound systems.
- Check with others working out before changing TV stations
- Set cell phones to vibrate and step outside for phone conversations
- No abuse language
- Please refrain from working out in the weight room when ill
- All equipment must be wiped down and return to its original location after each use
- Please return used towels to the drop slot at the Member Relations Desk

## Personal Training

- Personal Training is available for group or private sessions. See the Member Relations Desk for more information.
- **Personal training instruction may only be provided by fitness coaches employed by the Club.**