



UPSTAIRS FITNESS AREAS RULES AND REGULATIONS

(TURF ROOM, AEROBICS ROOM AND CYCLE ROOM)

- **Adult Members 18 and Older**
- Full Access to the entire facility including the 24/7 Area after hours.
- May participate in ALL Group Fitness Classes.
- **Members 14-17 Year Olds**
- Full access to the entire facility during normal operating hours.
 - **MAY NOT** use the 24/7 Area after hours.
 - May participate in ALL Group Fitness Classes.
- **Members 11-13 Year Olds**
 - May use the Upstairs Areas including the Turf Room, Aerobics Room and Cycle Bikes, **WITH** direct supervision from an Adult Member 18 years and older in the same room after completing the **Teen Weight Room Orientation**.
 - **MAY NOT** participate in ALL Group Fitness Classes.
 - **MAY NOT** use the 24/7 Area after hours.
- **10 Years of Age and Younger**
 - **MAY NOT** use the Upstairs Areas including the Turf Room, Aerobics Room and Cycle Bikes.
 - **MAY NOT** use the 24/7 Area after hours.
 - **MAY NOT** participate in ALL Group Fitness Classes.
- Clean, dry, and closed toe shoes are required. Please visit the main lobby or locker rooms to change your shoes.
- Wipe equipment after each use with the provided disinfectant wipes or spray.
- Use equipment at your own risk and as intended.
- If people are waiting to use equipment, please limit your time to **30 minutes** for each piece of equipment.
- **All weight equipment should be put back in the appropriate place.**
- No food permitted in Upstairs Areas.
- Appropriate attire is required at all times.
- Proper conduct and general behavior are expected at all times.
- Please dispose of all trash.
- The Reminderville Community Center is not responsible for any lost or stolen items.
- **Throwing any fitness equipment or objects against the wall is permitted only on the designated Turf Room Area.**
- **Please make sure to collect all of your belongings from the locker rooms 15 minutes prior to closing time.**

Facility Hours

Monday-Friday: 5:30 AM - 8:30 PM | Saturday-Sunday: 8:00 AM - 7:00 PM