

WEIGHT ROOM/CARDIO CENTER

- No food or drink. Water is permitted in a sealable container.
- The Weight Room and Cardio Center are reserved for those ages 14 and up. There is no exception to this rule. Any person, even an infant in a car seat, under the age of 14 is not allowed in the weight room or cardio center, even if with an adult.
- After each exercise, wipe down the machine with a towel and cleaner.

LOCKER/DRESSING ROOMS

- Lockers are first come, first served.
- Lockers are day use only. Items left overnight will be removed.
- A towel service will be available through the front desk.

LOST & FOUND

- Lost and found items will be located at the Front Desk.
- Lost and found items will be held for 3 weeks. After that time, items will be discarded or donated to a local charity.

Do you not know that in a race all the runners run, but only one receives the prize? So run that you may obtain it.

1 Corinthians 9:24

Rec Center HOURS

	OPEN	CLOSE
Monday	5:30 AM	9:00 PM
Tuesday	5:30 AM	9:00 PM
Wednesday	5:30 AM	5:00 PM
Thursday	5:30 AM	9:00 PM
Friday	5:30 AM	9:00 PM

(Please check the Rec Center for seasonal activities that could alter this schedule)

PHONE NUMBER:
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RULES & CODE OF CONDUCT

