



FITNESS ROOM RULES

1. All participants must pay the daily use fee or have membership and have completed the orientation and release form to be granted access to Fitness Room.
2. All participants must bring a towel to wipe down machines after use.
3. Revealing clothing will not be permitted, nor will clothing that could damage equipment. Closed toe shoes must be worn by participants.
4. All participants ages 14-15 must be accompanied by a designated adult. Participants ages 16-17 are permitted to use Fitness Room without a designated adult.
5. Underaged children are not permitted to accompany participants into Fitness Rooms. Youth must be at least 7 years old and pay the center daily use fee to be left unattended in Tucson Parks and Recreation facilities.

RESISTANCE EQUIPMENT USE:

1. Participants will be encouraged to start on the first machine of a circuit and use the machines in the order in which they are laid out.
2. Participants are permitted to complete one set of 10–20 repetitions for each exercise on each piece of equipment, if there are other participants waiting to use the same piece of equipment. If no one is waiting to use the equipment, multiple sets will be permitted. Participants will not be permitted to restrict other participants from using equipment by monopolizing use.
3. Participants will not allow weight equipment to be dropped uncontrolled. If staff notices this, they are to approach the individual and remind them of the importance of not dropping weights.

CARDIO EQUIPMENT USE:

1. Participants must sign up on designated sign-up sheets to use Cardio equipment.
2. Use will be permitted in increments designated by individual Centers (20 min., 30 min., etc...)
3. Participants will be permitted to sign-up for one block of time.
4. In order to sign-up for additional time, participants must complete their first block of time.
5. After signing-up to use cardio equipment, participants must remain on site.
6. Participants are only entitled to the time that they signed-up for. A 10-minute grace period will be honored if someone arrives late to their time slot. They are only entitled to their remaining time.
7. Participants are only allowed to sign themselves up for use of cardio equipment.
8. No food or drinks, except water in a closed container.