

GYM

Hours:

Monday-Saturday 7 AM-10:45 PM

Sunday 7 AM - 8:45 PM

1. Children under 14 may not use gym equipment.
2. Only gym dress in common use is acceptable. Wet bathing suits are not allowed.
3. Only shoes of proper resilient sole material and commonly appropriate for Spa/Gym use are acceptable. Bare feet or socks alone are not acceptable. **Shoes worn outside must not be worn in the gym.**
4. Use equipment according to posted charts. Only authorized weight lifting/universal pins may be used.
5. Equipment/benches should be wiped down after use.
6. Radios, stereos, tape players, etc. may not be used in such a manner to cause objection.