



### Fitness Rules

- Members or fee paying guests only allowed in fitness area.
- No open toe or hard sole shoes on equipment.
- Wear appropriate shoes only.
- Please wipe equipment after each use with the provided disinfectant wipes.
- Use all equipment at your own risk.
- Please exercise at your own risk.
- Please follow all rules for the equipment. Please use all equipment as attended.
- If people are waiting to use equipment, please limit your time to 30 minutes for each piece of cardio equipment.
- Must be 14 or older to use any fitness equipment.
- If under 18 you must be with an adult.
- All bars should be stripped after use. All weight plates & dumbbells should be re-racked in the appropriate place.
- No food permitted in the fitness area.
- Appropriate attire is required at all times.
- During wet weather, please bring an additional pair of dry clean shoes.
- Proper conduct and general behavior are expected at all times.
- Please dispose of all trash.
- The RAC is not responsible for any lost or stolen personal items.
- 24/7 access is available for 18 years and older only.
- For emergencies, please call 911.
- Surveillance cameras are in use for your safety at all times.
- Staff will only be available Monday – Friday, 5:30 a.m. – 8:30 p.m. and Saturday and Sunday from 8:00 a.m. – 5:00 p.m.
- Staff will not be available after hours.



### Track Rules

- Children under 13 must be accompanied by an adult
- Spectating activities from track area is prohibited
- No strollers are permitted on track
- Track is designed for fitness use only, no speed work or sprinting allowed
- When running/walking stay to the right and pass on the left
- 12 laps = 1 mile