

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 intended.
- If people are waiting to use equipment, please limit your time to 30 minutes for each piece of equipment.
- Must be 14 or older to use any fitness equipment.
- If under 16 you must be with an adult.
- All bars should be stripped after use. All weight plates & dumbbells should be re-racked and put in the appropriate place.
- No food permitted in the fitness area.
- Appropriate attire is always required .
- During wet weather, please bring an additional pair of dry clean shoes.
- Proper conduct and general behavior are always expected .
- Please dispose of all trash.
- The RAC is not responsible for any lost or stolen personal items.
- 24/7 access is only available for 16 years and older.
- 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. – 7:00 p.m.

Track Rules

- Children under 16 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