

Exercise Equipment Room Rules

Please call the Fitness Center with any questions 775-9851

1. You must be age **16 or older** to be in the Exercise Equipment Room.
2. **Please sign-in BEFORE** you work out.
3. Please return free weights (weight plates and dumbbells) to the pins and do not leave the bars loaded with heavy weights.
4. Spray disinfectant on a paper towel and wipe down any equipment you have used.
5. **Please share** the strength and cardio equipment when others are waiting.
6. Please be courteous to others and limit the volume on the radio.
7. **Staff-** please accompany family and guests while in the exercise room.

Resident and Staff Fitness Assessments done by request. Call for an appt.