



## FITNESS/WELLNESS CENTER THINGS YOU NEED TO KNOW

FITNESS/WELLNESS CENTER HOURS:  
MONDAY- FRIDAY 7:00 A.M. - 6:00 P.M.

Please remember that the Center is open to everyone, and all should be considerate of the other individuals utilizing the Center. Please always abide by these guides. Violations could result in suspension or barring from the Center. The Center reserves the right to not serve or enroll anyone as a member in the Center.

1. The Center is for members only. Scan your card each time before working out.
2. You must have appropriate workout clothing and shoes. No open toe or dress shoes shall be allowed on the Center workout floor.
3. Be considerate of others on the equipment. Do your set, REMOVE the weights, and move on so others may use the equipment.
4. No horsing around, or horse play will be tolerated in the Center.
5. There is no public phone; however, in the case of an emergency, you may use the phone in the office, or go over to the main office.
6. Time limit on the treadmills is set at thirty (30) minutes.
7. Weights resting on the floor are prohibited. You must use a floor mat to sit weights on.
8. Shirts are to be always worn.
9. No obscene language will be tolerated.
10. When using free weights, you must have a spotter, and use end clamps. If you abuse, or overextend the equipment limits, and it is damaged you will have to pay for its repair.
11. The minimum age to join the Center is eighteen (18). Children under eighteen are not allowed on the workout floor.
12. We have lockers, so please talk to the manager about a place for your belongings.
13. Five days after due date, there is an additional charge of \$10.00 to reinstate your membership. To avoid this, please make payments on time.
14. You must bring a towel to every workout session. We can only clean the equipment so many times a day. If you do not bring a towel, you may borrow a center towel for \$1.00 a day.
15. Guest Passes are available for a fee of \$5.00 per person, per day. All Guest must be a least 18 years of age.
16. Out of Town visitors are welcome and fall under the Guest Pass fee. Exceptions can be worked out with extended stay visitors. Please see the Center Clerks for help.
17. There will not be a refund of the fees for membership.

Thank you for working out with us at the Morehouse Council on Aging Fitness/Wellness Center.