

FITNESS AREAS

General Guidelines

For the safety and enjoyment of all members, the following general guidelines apply:

- Members and guests should observe all posted signs and be careful when exercising. Exercise equipment must be used according to its intended purpose and design. The Pavilion reserves the right to prohibit members from using equipment incorrectly or using equipment that increases the likelihood of injury.
- Food, drinks and gum are prohibited in exercise areas with the exception of water bottles with spill-proof caps.
- No horseplay. Please respect the rights of others.
- Please do not use the equipment or railings to sit or rest.
- Profanity is prohibited.
- Appropriate clothing is required including shirts and closed toe athletic shoes such as running, aerobic or weight lifting shoes. Thongs with tights and sports bra tops are permitted.
- Workout bags are not permitted on fitness floor.
- When doing multiple sets, please be considerate and allow other members to "work in" between sets!!!
- If a piece of equipment does not work properly, please discontinue use and notify a staff member immediately.
- Please use a towel to wipe perspiration off equipment immediately after use!!!

Cell Phones

We ask for your cooperation in honoring the following guidelines when using your cell phone:

- Turn the ringer to vibrate or silent.
- Limit your conversation to urgent use only.
- Talk as quietly and as briefly as you can so as not to disturb those around you.
- Do not use your cell phone in certain areas or during activities when it could be disruptive to others. This includes but is not limited to on the exercise equipment, in the exercise studios, the locker room lounges, the Spas or in quiet meeting areas.
- Cell phones may be used in the café, the first floor atrium area, on the indoor track, at the outdoor pool, in hallway

reception areas and in locker room phone booths.

Resistance Equipment

- Members following the Cybex or Star Trac circuit have priority.
- Please reset range limiting devices when set complete.

Free Weight Area

- Chalk is not allowed.
- Collars should be used at all times.
- Do not leave weights on bars. Please remove after use and return to racks.
- Do not sit, lean or stand on bars.
- Spotters are required.
- Use built-in safety supports where available on Nautilus equipment.

Spotter Responsibilities

- Check bar for proper weight distribution.
- Agree on lift count and number of repetitions.
- Always remain ready to assist lifter.
- Do not release bar until after lifter has full control.
- Use both hands when assisting with lift.

Lifter Responsibilities

- Communicate with spotters regarding lift count number and repetitions.
- Stay with the bar on a missed lift.
- With assistance from spotter, finish the lift and stay with the bar until it is safely back on the rack.
- Do not drop weights. This includes dumbbells and any other weight equipment.

Cardiovascular Equipment

- Follow guidelines and directions provided.
- Please observe sign-up or time restrictions during peak usage times.
- If you have questions about how to operate specific equipment, check with a Fitness Staff Member.

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- Please respect other members and wipe off equipment.

Walking/Running Track

- Enter and exit track at designated locations.
- Check the directional arrow prior to using the track.
- Please use the inside lane for walking and the outside lane for running.
- Please walk/jog/run in a single file line.

Computerized Workout Record

- Computer stations are located in exercise areas to log exercise sessions.
- The fitness staff will provide training to members on logging procedures and data interpretation.

Personal Training

- Personal training is offered at the Pavilion. Information is available at the fitness service desk.
- Unauthorized trainers are not permitted.

Broadcast Vision

- The Broadcast Vision system allows access to a variety of television and radio channel options within the cardiovascular machine area.
- Headphones with a standard jack are needed to access the Broadcast Vision system and are available for purchase in The Shop at the Pavilion.
- Stations are determined by a member survey bi-annually and are not changed on a regular basis.

Circuit Etiquette Strength Equipment

- Please be aware that the right of way belongs to members who are following the circuit from beginning to end. However, members are entitled to use unoccupied machines when available. When doing multiple sets, please be courteous and allow other members to "work in" sets with you. The best way to "work in" sets is to politely ask the Member using the machine if you can work in with them. See a fitness staff member for assistance if needed.

Sports Arena

- Children under the age of 14 must always be accompanied by a parent and are allowed in the gym only during designated family gym times.
- Consult a sports arena schedule for open gym, open basketball, open volleyball, league play and class times.

- Recreational leagues are available.
- Non-marking athletic shoes must be worn. Shirts must be worn when leaving the court.
- Equipment and balls will be provided by the center.
- Balls should not be thrown or bounced against walls. Intentional damage will result in suspension of membership.
- Dunking is allowed, but hanging on the nets or rims is prohibited.
- Injuries or accidents should be reported to a staff member immediately.
- Food, drinks and chewing gum are prohibited. Covered plastic water bottles, containing water only, are permitted.
- Profanity, spitting or fighting are not permitted.
- Consult a sports arena schedule for gym times. Schedule is subject to change.