



FAMILY FITNESS ROOM RULES

To ensure the safety and comfort of all patrons and provide this Family Fitness Room for your convenience, you must abide by these rules.

Operating Hours

Monday – Friday (0830 – 1530)

Saturday, Sunday, and Holidays (0900 – 1530 hours)

Eligible Patrons

US ID Card Holder with children 6 weeks – 9 years only.

24/7 Fitness Center Access is required.

Know Before You Go

Parents are required to acknowledge rules by signing in at each visit.

Respect other patrons. If other parents are waiting to use the equipment/room, please limit time to 1 hour.

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Children exhibiting signs of illness (cold; fever of 101 Fahrenheit degrees within the past 24 hours; constant cough; within the first 24 hours of taking an antibiotic; diarrhea; fussiness or abnormal disposition) are not allowed to be in the Family Fitness room.

Protective measures, parents must clean, sanitize, and organize the work out area and the children's play area prior to leaving. Sanitation wipes are provided for use on equipment and play area.

Fire and Safety permits only # children in the children play area at one time. And in the family fitness workout area is limited to # of adults.

In case of a fire alarm, please gather your children and follow the exit signs outside the building immediately to the gathering point and wait until all clear is given by Fire Department.





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Strollers are not permitted inside the Family Member Workout Space. Strollers are to be parked in the facility designated area.

Car seats or infant carriers placed in the “non walker” area are permitted for small infants 6 weeks to 6 months only.

Parents must remain inside the family fitness room and always have direct line-of-sight supervision of their children.

Children must remain in the enclosed play area, and never in the adult exercise area. Any items left in the family fitness room, will be removed, and placed in the lost and found container.

Children must remove their shoes prior to entering the children play area.

Food items and drinks are not permitted in the children’s play area.

Diaper changes are not permitted inside the Family Member Room at any time. Diaper changing tables are available in the fitness center restroom for your convenience. Parents will accompany their child to and from the restroom. Latrine are located inside the field house locker rooms.

If any equipment is malfunctioning, please alert the staff immediately.

Fitness Center staff are not responsible for accidents or injuries.

We recommend parents to bring toys, games, tablets, etc. with them to keep their children occupied, during your workout session. Please remember to take these items home after your workout.

Parents with unruly children will be asked to leave the facility. This includes crying, fighting, biting, screaming, and uncontrollable tantrums or any disturbance to other patrons.

Parents who violate the Family Fitness Room rules and procedures may be denied future use.

