

Fitness Center Rules

The Fitness & Sports Center's staff wants everyone to get the maximum benefit and enjoyment from the facilities and programs. To accomplish this, certain rules and etiquette must be observed. Please comply with the following

Minimum age for unaccompanied use of all areas of the facility is 16 years old. Individuals who are 13 to 15 may have unrestricted use of the fitness center except for the cardiovascular room and free weight room where they must be accompanied by a parent/legal guardian.

Accompaniment means being physically present in the same area and in direct supervision of the youth. Anyone 12 years old and younger is prohibited from the cardiovascular room and free weight room. Access to other areas requires accompaniment by a parent/legal guardian.

Children under 6 years of age are not allowed in the Fitness Center with the exception of those facilities providing a parent/child area (PCA) for supervised play and/or those children who are supervised spectators in a sports or special event.

Customer Attire: Appropriate clothing must be worn to maintain a proper image in a military and family facility. Attire must be conservative and modest in nature. Obscene/offensive language or graphics are prohibited. Athletic attire and athletic-type shoes will be worn in all activity and equipment areas. Military utility uniforms are authorized to be worn during workouts and members may remove their utility uniform coat (shirt; however, t-shirts must be worn. Garmets made of plastic, rubber, nylon, etc., that are specifically designed to increase the amount of perspiration, are not permitted.

Street shoes are allowed only in the lobby. Only non-marking shoes are authorized for use in the gym and they must be hand carried from outside into the facility. Shoes with cleats are not permitted.

Eye protection is mandatory when playing racquetball. Individuals may be suspended from the facility if proper eye protection is not worn.

Food and beverages are restricted to the lobby with the exception of water bottles which may be used during workouts/play.