

Fairfield Fitness Center

Rules & Regulations

We have a few rules and regulations that we ask you to abide by in order to make the facility one that everyone can enjoy.

Each member must **PLEASE**:

- Scan your card at each visit. Your picture is stored in our computer will identify you.
- Understand that for the **SAFETY** and courtesy of others, **cell phone usage is prohibited.**
- Use the locker room and lockers for coats and keys. Provide your own locks and remove it each visit. There is no place in the fitness room for these items.
- Wear shirts at all times.
- Never leave a machine running when you dismount.
- Obey time limits on the machines. There is a 30-minute time limit on Cardio equipment when people are waiting. Please use the sign in board when waiting for Cardio equipment and erase you name before getting on a machine.
- Wipe down the machines with cleanser and paper towels after use.
- **No children** are permitted in the Fitness area or unaccompanied in any area of the building.
- No Guests are permitted.
- No Food is permitted.
- Put reading material back where it belongs.
- Return free-weights and workout mats when finished.
- When weather is bad please carry your workout shoes into the facility and change them when you arrive. Sand/dirt and salt do the most damage to the machines.
- There is an opportunity to access the audio on our new TVs by using an FM radio and setting your dial to the station of your choice as noted on the TV.

We are anxious for the Center to be one that is accessible and comfortable for everyone. Please abide by these rules and it should be pleasurable for all.

Thanks for your cooperation.