

Eunice Postol Recreation 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**:

- **Carry Sneakers.** Sand/dirt and salt do the most damage to the machines. We will turn you away if you aren't carrying your shoes.
- understand that for **SAFETY** and the courtesy of others, **cell phone usage is prohibited.**
- Scan your card at each visit. Your picture stored in our computer will identify you. **Sorry, no card - no workout!**
- 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.
- Wipe down the machines with cleanser and paper towels after use.
- There is an opportunity to access the audio on our new TVs by using an AM/FM Walkman and setting your dial to the station of your choice as noted on the TV.
- **No children** may be 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.

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.