

Fitness Room Rules

- Check in with office staff prior to entering the fitness room(s).
- Participants 14-17 years old must have a signed waiver on file with front desk.
- No food or drink allowed. Water is permitted. No glass containers, please.
- Proper fitness attire is required, such as gym shorts, tank tops/t-shirts that cover your chest. No jeans please.
- THPRD recommends closed toed shoes be worn in the fitness room at all times. Wear open-toed shoes or socks alone at your own risk. Being barefoot in the fitness room(s) is prohibited.
- Do not exceed 30 minutes on cardio machines when others are waiting and like machines are not available.
- Return all weights and weight plates to designated racks.
- Allow others to "work in" between sets with weight equipment.
- Wipe down equipment after use.
- Music may be listened to on headphones only.
- No cell phone conversations in the fitness room(s). Please take calls in the lobby.
- Report any equipment issues to the front desk.
- Personal training by non-THPRD staff is not allowed.
- THPRD recommends speaking with your physician before beginning any workout program.
- Use facilities and equipment at your own risk.
- THPRD staff reserves the right to restrict privileges at any time if deemed necessary.