

## JCC Fitness Center

### Code of Conduct

- The JCC Fitness Center is an adult only (16 years old and older) workout facility. Teens ages 13-15 are required to complete the Teen Fitness Certification Class before using any of the fitness equipment.
- Maximum of 30 minutes on each cardio machine when others are waiting.
- Allow others to work-in on weight training equipment.
- Talking on cellphones is prohibited. Use earphones when listening to audio equipment.
- No swearing or profane language. No roughhousing or horseplay.
- No gum, food, open cans, or glass bottles.
- Proper exercise attire is required.-Sneakers must be worn at all times. Sandals, slides, and slippers are not permitted in the fitness center. Shirts must be worn at all times.
- No personal items on the gym floor. All personal items need to be stored in the locker room or provided cubbies. The JCC is not responsible for forgotten, lost or stolen items
- Report any injuries to JCC staff immediately.
- Use a spotter when training with free weights or barbells. Use collars on barbells.
- Return all equipment when finished. Un-rack all barbells and plate loaded machines.
- Wipe down equipment when you are finished.
- No stretching or free weights allowed on the cardio desk.
- Do not throw medicine balls at the wall-- only use targets.