

FITNESS CENTER

SAFETY RULES

CLOTHING

- Wear appropriate clothing that is modest since we are a family-friendly facility
- Athletic shoes ONLY: Crocs, flip flops, sandals, or bare feet are NOT allowed



AGE REQUIREMENTS

12 and older - may workout in the fitness center without a parent or guardian+

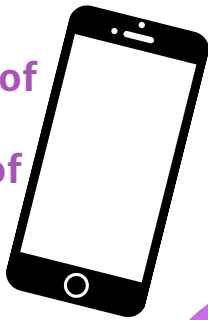
+12 year olds are able to use the fitness center once they are shown a machine orientation by a fitness staff member.+

provided all ages display acceptable levels of maturity and respect.

13+

RESPECT

- No horseplay or running through equipment areas
- Show respect to LCP staff and members at all times
- Please keep phone conversations outside of the fitness areas.
- Please be cognizant of recording yourself with any members in the background
- Do not bang weights or drop dumbbells



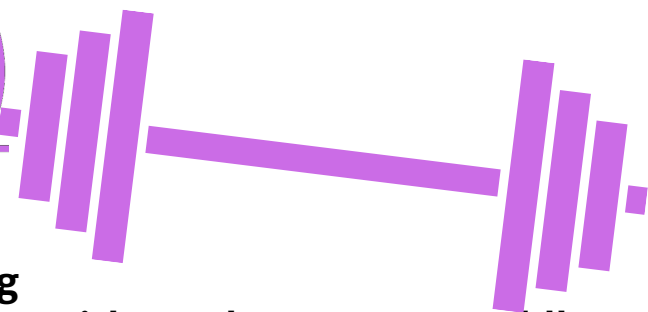
Instruction or training by anyone other than LCP staff is strictly prohibited

STAFF



EQUIPMENT

- Use collars and clips for any free weight lifting
- Wipe off equipment before and after use, along with any large sweat puddles produced during workout sets
- Do not attempt to repair or adjust any equipment that has malfunctioned - seek LCP staff to notify and report immediately



INDOOR TRACK

- Walk, jog, and run in assigned directions
- Pass on the outside and stay on the inside if walking
- Strollers, rollerblades, etc....are not permitted at all
- Children must yield to any running adults
- Proper footwear is required on track
- No food or drink (except water) allowed on track

TRACK AGE REQUIREMENTS

- 12 and up - no adult supervision required
- 9-11 - parent or guardian can monitor from fitness or surrounding areas
- 8 and under - accompanied by a parent or guardian