



# FITNESS ROOM GUIDELINES

Fitness Equipment Orientations are free. Appointments can be made at the juice bar.

For your safety, please secure personal items in a locker.

Please sanitize equipment and mats after each use.

Please do not monopolize machines or equipment for an extended amount of time as it is disrespectful to other members.

## FREE WEIGHT AREA

Must be at least 16 years old to utilize free weights.

Weights must be re-racked following use.

Please be considerate and limit your time to 35 minutes on free weight equipment

## DRESS CODE

Proper exercise attire is required and should cover the body appropriately.

Tops/shirts must cover full torso including chest and rib cage.

Sports bras, crop tops, and halter tops must be covered.

Full coverage shorts need to be longer than your glutes.

No leggings or shorts that accentuate the division of glutes.

Clothing shall not display derogatory graphics or language.

Clean athletic shoes are required.

No open toed or open heeled shoes or sandals while working out.

**MAFC reserves the right to determine whether clothing is appropriate.**

## PHOTOS & VIDEOS

Members may photograph or record activities ONLY if they are able to do so without including others in the recording.

Members do not have permission from other members to take their photos.

MAFC staff have the ability to stop any recording that is not in compliance, is making other members uncomfortable, or if the facility is too crowded.

## TEEN GUIDELINES

A Teen Orientation is required for all members ages 10-15. Upon completion, teens are given a lanyard with an orange sticker attached. Teens are required to wear their lanyard when working out in the fitness room.

- Ages 10-13 must complete a teen orientation and work directly with a responsible adult at all times by sharing equipment using single rep increments.
- Ages 14-15 must complete a teen orientation and may workout without direct supervision.
- Must be 12+ years to use the treadmills and stair masters.

**Usage Hours for 10 - 11 year olds:**

**Monday - Wednesday: 8am - 5pm**

**Thursday - Sunday: Anytime**