

PROVIDENCE NEIGHBORHOOD ASSOCIATION MEETING HOUSE FITNESS CENTER RULES & REGULATIONS



These Rules and Regulations are part of the Providence Neighborhood Association's continuing effort to provide a safe recreational environment. Please review these rules before visiting the Meeting House Fitness Center. Those who wish to use the Meeting House Fitness Center must first read and sign the **Providence Neighborhood Association Waiver of Liability and Permission Form**.

Violations of Fitness Center rules may result in loss of Fitness Center privileges. If you have questions about any of these rules, please contact the Town Founder's Office. These rules and regulations are provided to all eligible persons who are members of The Village of Providence Neighborhood Association and who are registering for Fitness Center usage memberships and ID cards. Rules will also be posted at the Fitness Center.

General Policies

1. Those who wish to use the Meeting House Fitness Center must first read and sign the **Providence Neighborhood Association Waiver of Liability and Permission Form**.
2. All patrons must swipe their proximity cards upon each visit to the Fitness Center. Meeting House membership/proximity cards are non-transferable and must be swiped for admittance into the gym. Weight room usage is for MEMBERS ONLY.
3. Shoes are required for all activities except swimming, dance, and stretching.
4. Personal belongings may not be stored in the Meeting House and the Providence Neighborhood Association, Slyman Construction Company, Inc., Town Makers, LLC or its employees, agents, heirs or affiliates will not be responsible for lost or stolen items. Items left on gym floors are hazardous and prone to theft and will be cleared by staff.
5. Smoking is not permitted within The Meeting House at any time.
6. No bicycles, mopeds, roller skates/blades, skateboards, or animals other than mobility guides for the disabled will be allowed within The Meeting House. Failure to comply with this rule may result in confiscation of property by the Providence Neighborhood Association.
7. Children under 13 are not allowed in The Meeting House Fitness Center unless they are participating in special programs sponsored by The Meeting House or the Providence Neighborhood Association.
8. No announcements, fliers, posters, etc. may be affixed to building walls, windows, and/or doors without permission. Any item to be posted in The Meeting House must be approved by the Providence Neighborhood Association and stamped to indicate approval.
9. The Providence Neighborhood Association reserves the right to refuse service to individuals.

Weight Room/Fitness Area Policies

1. No one under the age of 13 is allowed to use equipment.
2. You should consult a physician before beginning a new workout regimen.
3. Equipment is available on a first come, first served basis throughout the day.
4. There is a 30-minute limit on all cardio equipment when participants are waiting, unless stated otherwise.
5. Shirts or sport tops and closed-toe rubber soled shoes must be worn at all times.
6. Safe and proper use of equipment is required at all times.
7. Please refrain from hazardous exercises. Power lifts are not allowed.
8. No glass containers, sport drinks, or food will be allowed in the weight room areas. Only water in a re-sealable container is allowed.
9. Weight plates, dumbbells, and other equipment should be returned to their proper location after use.
10. No exercises may be done while standing on exercise benches.
11. Collars must be used on Olympic bars at all times. Please use a spotter when necessary.
12. Please allow other participants to "work in" in between sets.
13. Please be courteous to other participants, and wipe down equipment after use.
14. Report any problems or Emergency's to 256-665-9284.