

WHCC Fitness Room Rules

- Return all equipment to its proper location after use
- No food or drink (other than plastic water bottles) is allowed
- Observe all posted signs and equipment warnings
- Safe and proper use of equipment is required at all times
- Actions that threaten the safety and well being of yourself or others will not be tolerated
- Verbal or physical abuse towards an employee of the WHCC Fitness Lab will result in immediate dismissal from the facility, with possible legal charges filed
- Horse play is prohibited in this facility
- Shirts and athletic shoes must be worn at all times. Belts, Jeans, clothing with rivets, wallet chains, sandals and open toed shoes are prohibited
- Be considerate of others and wipe down equipment after each use
- Towels will be issued by the attendant by exchanging your ID card
- Cardiovascular equipment is limited to 30 minutes when people are waiting
- Teens under the age of 16 must be accompanied by adult who is responsible for direct supervision
- Please report any equipment problems to the attendant
- Always use a spotter. If you do not have a partner, ask the attendant
- WHCC employees are not responsible for personal belongings lost or stolen in the facility