



## **FITNESS CENTER RULES**

- The Fitness Center is available to everyone 16 years of age and older.
- Youth, ages 14-15 will be granted admission to the Fitness Center after completion of the Youth Fitness Orientation with a Lodge Personal Trainer. **WRISTBANDS MUST BE WORN WHILE IN THE FITNESS CENTER.**
- Youth, ages 12-13 will be granted admission to the Fitness Center with their parent or guardian after both the adult and child complete Youth Fitness Orientation with a Lodge Personal Trainer. **WRISTBANDS MUST BE WORN WHILE IN THE FITNESS CENTER,** and a parent must be present at all times.
- Shirts and closed-toe shoes must be worn at all times. No sandals.
- Please check your shoes for dirt and rocks prior to entering the Fitness Center.
- Please use the lockers for all personal items. The Lodge is not responsible for lost or stolen items.
- Sealed bottles or drink containers are welcome; food is not permitted.
- Headphones are required when listening to music. No music without headphones will be permitted.
- The use of chalk for weight lifting purposes is permitted, but must be cleaned up by the user.
- Excessive weight dropping and loud grunting are not permitted. Some weight dropping and grunting are a part of working out and is allowed up to a point.
- When people are waiting please limit your time on cardio and strength equipment. Management reserves the right to ask you to exit the machine if you have been using it for an extended period of time.
- Please clean the equipment when finished, spray the cleaner into the towel **NOT** directly onto the machine. You can pick up a cleaning towel from the Fitness Desk. Spray bottles are located throughout the facility.
- Please return all dumbbells and weight plates to the racks when finished.
- All personal training sessions must be with a Lodge Personal Trainer. Trainers not employed by the City of Des Peres may not provide their services at The Lodge.

## **TRACK RULES**

- The track is available to everyone 14 years of age and older.
- All users should use the inside lane, use the outside lane for passing only.
- Youth under 14 may use the track if accompanied by a parent or guardian. Child must stay within an arm's reach of their parent/guardian and follow track rules.
- Shirts and closed-toe shoes must be worn at all times.
- Sealed bottles or drink containers are welcome; food is not permitted.

- Strollers are permitted on the track as long as they fit in one lane. No double wide strollers.
- Spitting is not permitted on the track at any time.
- Distance of the Track is 1/10 of a mile.

**\*These rules are subject to change at the Fitness Supervisor's discretion.**