

Finley Community Wellness Center

RULES

1. Verbal or physical confrontation with other patrons, swearing, grunting, loud noise, abusive language, inappropriate behavior and vandalism will not be tolerated under any circumstances.
2. Using or being under the influence of drugs or alcohol is prohibited.
3. Smoking is prohibited.
4. The Community Wellness center is only to be used by people with memberships.
5. The Finley Community Wellness Center is not responsible for injuries.
6. Members must wear appropriate exercise attire at all times. A shirt must be worn to cover the upper body, socks and Community Wellness shoes are also required. The clothing must be for exercise purposes.
7. Members must wipe off all equipment after use. Members bring their own towels; the Finley Community Wellness Center does not provide them.
8. The Finley Community Wellness Center is not responsible for lost or stolen personal items. Valuables should not be brought to the Center.
9. Except for capped water bottles, eating or drinking is prohibited. Please dispose of all trash in the proper bins.
10. Compliance with free weights includes the following:
 - Collars are to be used at all times to secure weights on bars.
 - Weight plates are not to be leaned against equipment standards and machines.
 - After utilizing equipment, strip bars and return plates and dumbbells to proper storage areas.
 - Members must use safety bars when using the weight lifting equipment. Set the safety bars about one inch lower than your lowest movement with the bar.
 - Dumbbells and weight plates cannot be dropped on floor for any reason.
11. Community Wellness Center participants should report all equipment malfunctions, personal injuries and specific concerns immediately to a Finley Community Wellness Center committee member.
12. If any member violates any rule or regulation they will be subject to revocation of membership.
13. Patrons are advised to be aware of their personal fitness limits and to exercise at a level and pace that is appropriate to them.
14. Lost keys will be subject to a \$25 replacement charge.