



**Fitness Center Guidelines:**

1. **School Use Hours: Monday – Friday 7:30 am – 6:00 pm**

**Community Use Hours: Monday – Friday 5:30 am – 7:30 am & 6:00 pm – 9:00 pm**

**Saturday: 7:00 am – 7:00 pm**

**Sunday: 12:00 Noon – 5:00 pm**

**Fees: Individual Membership: \$240/year paid annually**

**Family Membership: \$300/year paid annually**

2. **You must be a registered user of the fitness center by completing the membership agreement and paying required fees in order to use the center.**  
A registered user is considered to be an adult who is 18 years or older. High school students are not eligible to be registered users until they have graduated and all summer sports seasons have concluded.
3. **Members must sign in and out on the provided clip board with time and date when arriving and leaving the facility.**
4. **Students must be accompanied by an adult during all times.** An adult is defined as an individual who is 18 years or older and no longer a high school student having graduated and concluded all summer sports seasons. **A registered user or GLR staff member must supervise students in grades 7-12. Absolutely no children in 6<sup>th</sup> grade or under are allowed in the fitness center at any time.**
5. Appropriate gym attire must be worn. Separate set of clean athletic (tennis) shoes must be worn in all fitness areas. **No outside shoes are allowed within the fitness center.** Appropriate workout attire (t-shirt, sweatshirt, shorts, sweatpants) must be worn. Please be tactful of choice of attire.
6. Members will not prop open doors or open doors to allow non-members use of the facility.
7. This facility is for persons using the wellness equipment only.
8. Access to other areas of the school is not allowed.
9. Proper warm-up and stretching is a must.
10. No lifting alone - always have a spotter.
11. **No food or drink other than water is allowed in the fitness center.**
12. Fitness center may be periodically closed to the public for physical education classes or sporting practices.
13. **All weight equipment will be put away in designated area when finished.**
14. All equipment and supplies are to stay in the facility.
15. **Users must wipe down each piece of equipment after use. Hand towels and sanitizer can be found in many locations within the fitness center.**
16. Members will not offer fitness classes for a fee without the district central office written approval and completion and payment of the rental of the facilities information for the specific dates as defined in Board Policy 905.1.
17. If you see any equipment in need of repair, report that to the activity director, principal, or superintendent.
18. **Violation of rules may result in loss of the fitness center use/privileges and forfeiture of your use fee.**