

MIBC Fitness Center Code of Conduct

The Fitness Center is an un-staffed facility. Each user is responsible for maintaining the room, its equipment and ambience. Please observe the following code of conduct, a copy of which is also posted in the Fitness Center:

General

- Limit use of cardio equipment to 30 minutes if others are waiting.
- Wipe down equipment when finished using.
- Return equipment to the proper storage location (e.g., weights, balls, mats, etc.).
- Personal music players with headphones are welcome. Use of audio equipment with external
- speakers (boom boxes, etc.) is not allowed.
- The use of cell phones to make or receive calls is not permitted in the Fitness Center. Set ringers to
- silent.
- Cross the hardwood floor near the windows when others are using.
- Do not place items on the window sills.
- Do not drop weights on floor.
- Storage space in the Fitness Center is limited so please use the locker rooms for storing larger
- personal items.
- Turn off lights on bright days. This keeps the room cooler and saves energy.
- Keep doors closed. This maximizes the cooling system's effectiveness and efficiency.
- Members and guests must sign in at the front desk.
- Water is allowed, and is also available from the water cooler near the Fitness Center door. Food or
- other beverages are not allowed in the Fitness Center.

Age Requirements

- Members age 16 and over are welcome.
- Age 13-15 require the hands-on supervision of an adult member or an authorized adult instructor.
- **Age 12 and under are not allowed. No exceptions please.**

Attire

- All users must have dry clothes on when inside the Fitness Center.
- An appropriate shirt must be worn while in the Fitness Center.
- Appropriate work out shoes must be worn while in the Fitness Center. Dirty shoes, hard
- soles, or wet feet can damage the hardwood floor. Bare feet can create unsafe, unsanitary conditions.

Guest Policy

- Guests must adhere to the Club age requirements.
- Sponsoring member signs the guest(s) in at the Front Desk.
- Any guest under the age of 18 must be accompanied by a sponsoring adult member (over the age of 18).

Personal Trainers

Only MIBC approved trainers are allowed in the Fitness Center.