



## **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 using 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 using the fitness center and a parent must be present at all times.
- We are a family-friendly facility. Appropriate workout attire is required. No sports bras or short shorts. Long tanks are acceptable.
- 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. Free locks may be checked out at the front desk. The Lodge is not responsible for lost items.
- Sealed bottles or drink containers are welcome; food is not permitted.
- 30-minute time limit on cardio equipment. Sign in is required. Management reserves the right to ask you to vacate the machine if you are not signed in.
- Please clean the equipment when finished; spray the cleaner into the towel, not directly onto the machine.
- Please return all free weights 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.
- Please be respectful of others nearby when using your cell phone and electronic devices.
- Do not block any emergency exits with weights or equipment.

## **TRACK RULES**

- Use caution when entering the track. Track direction changes daily.
- Please do not block the doors in the stretch area or use weights to prop any door open.
- All track users should stay on the inside lane. Use outside lane for passing only.
- Shirts, closed-toe shoes and family-friendly attire must be worn at all times.
- Strollers are permitted on the track. Please use inside lane.
- Sealed bottles or drink containers are welcome; food is not permitted.
- Spitting is not permitted on the track.
- The track is available to everyone 14 years of age and older.
- Youth under 14 may use the track if accompanied by a parent or guardian. Youth must be within arms reach and closely supervised by the parent or guardian. Youth should not use the exercise equipment on the track unless they have taken the Youth Fitness Orientation course.
- Distance of the track is 1/10 of a mile. The sidewalk around the exterior of the building is 4/10 of a mile.
- Accessible entrance to the track is available from the lobby.

