



SELECTORIZED/VARIABLE RESISTANCE EQUIPMENT AREA GUIDELINES AND POLICIES

1. Engaging in any form of physical activity carries an increased risk of experiencing an event such as rapid heart beat, dizziness, orthopedic injury, and in rare instances, stroke, sudden cardiac event, or even death. To minimize these risks, we encourage you to meet with one of our fitness professionals and receive the proper screening and orientation prior to engaging in any exercises.
2. If you have any health condition that would compromise your ability to participate in exercise, please see a fitness professional before participating.
3. General guidelines for engaging in resistance and/or free-weight training are as follows:
 - a. Choose a mode of movement that is comfortable.
 - b. Perform movements for all the major muscle groups of the body. This will normally involve 8 to 10 separate exercises that work the hips, buttocks, thighs, legs, back, chest, shoulders, arms and abdomen.
 - c. Perform 1 set of each exercise to the point of volitional fatigue. Recommendations are to perform between 3 and 20 repetitions, depending on the results you desire.
 - d. Resistance and/or free weight exercises should be performed between 2 to 3 days a week, with at least 1 day's rest between workouts.
4. The resistance area is supervised by a fitness professional during all peak usage periods.
5. In the event you need assistance, please talk to one of our fitness professionals.
6. We encourage the use of a spotter whenever you are performing a movement that involves exposing yourself to the possibility of a weight device falling on you.
7. In the event that you witness and/or experience an event that places you or another user in harm's way, please initiate the facility emergency response system by using the panic buttons located throughout the gym.
8. No food and drink other than water or sports performance drinks in plastic containers are allowed in this area.
9. Please respect your fellow members by wiping down the equipment when you have finished using it.
10. During periods of peak usage, please limit yourself if someone is waiting to use a piece of equipment or please share the equipment with other users in a manner that allows everyone an opportunity to pursue their fitness program.
11. Please do not wear sharp jewelry while working out on equipment.