

GYM INFORMATION

- The Fitness Centre is opened 24 hours daily
- Fitness centre is closed at scheduled times for staff cleaning and for Vale Emergency Response Teams
- 12:00 noon-1:00 ♦ 2:30-4:00pm ♦ 6:00-7:30 pm.
- Due to covid and our limited floor space, there should only be 2 people in the gym at any given time.
- The door of the gym is monitored by camera 24 hrs. a day. All users must scan the card that was issued to them
- All users should wear appropriate inside footwear to protect equipment
- The Gym is for the entry and use of persons **18 years** or above.
- Persons 14-17 yrs. can hold a membership if accompanied by a guardian with a membership who has signed a consent form of responsibility.
- Children under 14 are not permitted in Fitness Centre.
- Users are responsible for their own property and safety.
- Personal space: respect it.
- Respect the equipment, others, and yourself in the gym.
- Please wipe and sanitize all equipment before and after each use.
- Please DO NOT slam or drop the weights.
- For the benefit of all, it is requested that you return equipment to its designated place when finished.
- Do not leave windows open, if you are the last to leave, turn off TV/Stereo.
- No food or beverages other than water permitted on any of the equipment.
- No smoking.
- No scented products please.
- Please report any problems to the Town Office (228-2920)
- Failure to comply with the above rules may result in loss of gym privileges.

ENJOY!