



FITNESS GUIDELINES

Welcome to the CRC Fitness area. This is a family-friendly space available to CRC members 12 years and older. Please adhere to the following guidelines to provide a safe and enjoyable space:

- Please sanitize equipment after each use.
- Please use headphones for all personal music/listening.
- Closed-toed athletic shoes shall be worn at all times.
- Shirts are required.
- Water and sports drinks must be in closed containers, no glass containers.
- Food is prohibited.
- Personal training is not permitted.
- Bags or coats are not allowed on the fitness floor.
- Please secure your personal belongings; PDOP is not responsible for any loss of items.