



South Milwaukee Fitness Center  
Rules and Regulations

Rules and regulations will be clearly posted and must be always followed when using the Fitness Center. Those individuals not complying with the rules will be asked to leave the facility and may have membership privileges suspended.

South Milwaukee Fitness Center Rules

1. Proper identification is mandatory once entering the building.
2. Please check in at the desk prior to your workout. The minimum age for admission is a middle school student when accompanied by a parent with a family membership. Children under the age of 12 are not allowed in the FC.
3. Wipe down the machines before and after every use. Either Spray bottles or disinfecting wipes are available during your workout. The Spray bottles are located at the Fitness Center desk, paper towel dispensers and disinfecting wipe stations are located throughout the Fitness Center. When wiping down your machine, spray the towel, not the machine (spraying the machine may cause damage to the electronics). Please dispose of all garbage in the trashcans.
4. Wear proper training attire. No open-toed shoes are allowed while working out. Check to make sure nothing you are wearing will damage the upholstery. Please wipe your shoes on the mat by the door. During the winter months and inclement weather days, it is recommended to bring an extra pair of shoes. Please use the benches located outside of the Fitness Center to change into exercise shoes BEFORE entering.
5. Help keep the area clean. Food and beverages are not allowed inside the SMFC. Water and energy drinks are allowed as long as they are resealable.
6. Please put away the weight plates when you are finished using them. Make sure that all equipment is placed in the proper place.
7. The SMFC staff has authority over all room conduct and the use of equipment. This includes the sound system.
8. Participants are expected to follow all safety guidelines while using equipment. Spotters and clamps are strongly encouraged.
9. Immediately report any facility related injury or facility/equipment problem to the FC staff on duty.
10. If you are unsure on how to use a piece of exercise equipment, please ask.
11. Please be courteous to your fellow members and allow them to work in with you, if you are doing multiple sets on the weight machines.
12. Track Access. The track is available to FC members. The hours of availability for the track are the same as the FC.

I have read, understand, and agree to comply with the above rules and regulations:

Member Signature: \_\_\_\_\_ Date: \_\_\_\_\_