

*HOURS 5:00 A.M. - 7:30 A.M. + 4:00 P.M. - 9:30 P.M. - WEEKDAYS
5:00 A.M. - 9:30 P.M. WEEKENDS*

UNDERWOOD COMMUNITY SCHOOL DISTRICT HIGH SCHOOL FITNESS CENTER RULES

1. Minimum of two people in the fitness room if using weights. (At least one must be an adult.)
2. Workout shoes must be clean.
3. Rack all weights, pick up after yourself, and wipe down all equipment you have used.
4. Always call for a spotter when lifting weights.
5. Water is permissible in the weight room, NO other beverages or food.
6. Must have proper attire (e.g., shirts on, shoes, etc.).
7. Report any problems to school officials.
8. Use equipment for its intended purpose.
9. Please turn off lights, stereo, and monitors if you are the last one to leave. Also, make sure all doors are shut and locked.
10. Adult supervision is required when children are present.

**PLEASE RESPECT OUR FACILITY
MAKE SAFETY A TOP PRIORITY**

I have read these rules and will adhere to them.

Signature: _____
Date: _____