



FITNESS CLASS POLICIES

- Those 12 to 14 years of age may participate in a fitness class, ONLY if they are accompanied by and under the direct supervision of their legal parent or guardian at all times. The accompanying parent or guardian agrees that the Assumption of Risk & Release of Liability applies to themselves and the minor.
- You must be 15 years of age or older to participate in aerobics classes without the supervision of a parent or legal guardian.
- Wipe down each machine before and after use. Gym wipes, towels, and disinfectants are provided.
- Please be considerate of other patrons and use your cell phone in the lobby outside of the Weight Room..
- No food is allowed in the weight or aerobics room. All liquid must be in the proper spill and leak-proof containers.
- Members are required to pick up after themselves. This included all plates, dumbbells, medicine balls, mats, bands, and benches being returned to their designated positions or racks. Discard trash and remove all personal items prior to exiting the facility.
- Cardio equipment is available on a first come first serve basis.
- Do not remove any equipment from the aerobics room.
- Please report all injuries and any equipment failures to CCRC Staff.
- CCRC and its employees are not responsible for lost or stolen items.
- Fitness and Water Fitness Classes are not held during the weeks of Christmas, New Years, Thanksgiving, and Spring Break (based on the Pickens County School District). These weeks are subject to change.