



Weight Room Rules

- For safety reasons, children 12 and under are not permitted in the weight room, fitness or cardio rooms.
- Children ages 13-14 allowed in weight room only if they've been through the junior trainers program and must wear junior trainers wrist band at all times.
- Return all equipment including weights, dumbbells and bars to proper racks when workout is complete.
- Misuse of equipment may result in expulsion. Please do not slam, drop or bang weights.
- No chalk allowed.
- No outside personal training allowed.
- No food or drink allowed.
- Please do not move machines out of their area.
- Shirts and shoes must be worn at all times. No sandals or open toed shoes allowed.
- Report any problems with equipment to the fitness coordinator or staff member.
- The Carbon Valley Recreation Center is a family facility. Please refrain from using inappropriate language.
- Children ages 13 – 14 are allowed in fitness classes with fitness coordinator and instructor permission. All les mills classes are for participants age 15 and older.
- Not responsible for lost or stolen items-