

Fitness Center Rules

Patrons are utilizing the equipment and facilities at their own risk. Metropolitan Government of Nashville and Davidson County is not liable for any injuries that might occur as a result of an individual's use of the facilities.

With any park facility, it is necessary to establish policies and general rules of etiquette to guarantee a pleasant experience for everyone. These rules were developed to ensure that everyone has a positive, safe and effective workout and we rely on all of our customers to achieve this goal.

- ◆ Patrons are to practice good personal hygiene.
- ◆ Children under the age of 12 are not permitted in the fitness center or free weight area. This includes strollers, baby carriers and children sitting inside the fitness room while a parent/guardian is exercising.
- ◆ Youth aged 15 through 17 may use the fitness equipment during designated teen hours, or anytime when accompanied by a paying parent or adult guardian.
- ◆ Youth aged 12 through 14 may use the fitness equipment when participating in staff-led fitness programs.
- ◆ Rubber soled shoes that cover the entire foot must be worn at all times. For health and safety reasons, sandals, work boots and flip-flop types of shoes are not permitted.
- ◆ Shirts must be worn at all times. Bathing suits and jeans are not permitted.
- ◆ Food is not permitted. Closed, plastic beverage containers are allowed.
- ◆ Please be considerate of other customers, wipe down equipment after each use, and return the weight plates and dumbbells to the appropriate racks.
- ◆ Circuit training has priority. Please allow others to share the circuit equipment in between sets.
- ◆ Cardiovascular equipment use is limited to 30 minutes when people are waiting.
- ◆ Using a spotter when lifting weights is recommended. The fitness room is not always supervised and you are exercising at your own risk.
- ◆ Metro Parks is not responsible for personal belongings lost or stolen in the facility.
- ◆ Please report any equipment problems to the front desk or fitness center attendant.

The Parks Department recommends the following to all of our customers:

- ◆ Consult your physician before you begin any exercise/fitness program.
- ◆ Drink plenty of water before, during, and after your exercise session.
- ◆ If you experience any pain, discomfort or dizziness, stop exercising immediately and notify a staff member.

