Health & Fitness Area Guidelines

- **Age Policies**:
  - *Fitness Floor*: Welcome to ages 11+. Ages 11-12 require direct adult supervision. EGYM Circuit open to ages 14+.
  - *Small Group Training*: Ages 14+ welcome.
  - *Indoor Track*: Welcome to ages 11+. Ages 11-12 require direct adult supervision.

- **Attire:** For safety and comfort, appropriate athletic attire and closed-toe shoes are required on the fitness floor.

- **Equipment:**
  - *Cleanliness*: Please help us maintain a clean and hygienic environment by wiping down equipment after each use.
  - *Sharing*: Please be considerate and allow others to "work in" with you between your sets on equipment.
  - *Returning to Home*: To maintain a tidy and efficient workspace, please return equipment to its designated area when finished.
  - *Maintenance Reporting*: Help us keep our equipment in top condition! Report any maintenance needs to the Fitness Floor desk.

- **Food & Drink:** To prevent spills and maintain cleanliness, only water or sealed sports drinks are allowed on the fitness floor. Food and gum are not permitted.

- **Outside Coaching/Training:** Personal training, coaching, or instruction should be provided by FCC staff only to ensure adherence to standards and safety protocols.

- **Personal Belongings:** To help ensure the safety of valuables, store them in the lockers provided and keep them securely locked. The FCC cannot be held liable for any loss or theft.

- **Technology Etiquette:** To maximize your workout and allow others to use the equipment, please focus on your exercise and avoid phone distractions.

Group Exercise & Cycle Guidelines

We welcome all fitness levels. Please help us support and celebrate each other's progress with encouragement!

- **Age Policies:**
  - *Group Ex/Cycle Classes*: Cardio/Mindful Movement formats welcome to ages 11+. Ages 14+ welcome to Strength formats.

- **Food & Drink:** To prevent spills and maintain cleanliness, only water or sealed sports drinks are allowed in Group Exercise and Cycle studios. Food and gum are not permitted.

- **Equipment:**
  - Please help us maintain a clean and hygienic environment by wiping down equipment after each use.

New here? Ask our instructors for help! We can assist in setting up your equipment, modifications, and any questions you have.

Indoor Track Guidelines

We welcome all fitness levels. Please help us support and celebrate each other's progress with encouragement!

- **Age Policy:** Open to ages 11+. Ages 11-12 require direct adult supervision.

- **Attire:** For safety and comfort, closed-toed, athletic shoes are required on the indoor track. Cleats are not permitted.

- **Food & Drink:** To prevent spills and maintain cleanliness, only water or sealed sports drinks are allowed on the fitness floor. Food and gum are not permitted.

- **Track Etiquette:** *For everyone's safety and smooth traffic flow, please note:*
  - Walkers use the inner lanes. Joggers and runners should utilize the outer lanes.
  - Follow the direction of the day.
  - Keep moving while on the track. If you need to rest, tie your shoe, stretch, etc., please step off to the side.
  - Be aware of others while entering or changing lanes.
  - Strollers, balls, or other equipment is not permitted on the track, unless otherwise noted.

- **Personal Belongings:** To help ensure the safety of valuables, store them in the lockers provided and keep them securely locked. The Fishers Community Center cannot be held liable for any loss or theft.