

DRN Fitness Center Policies

1. Always check-in at the fitness desk upon entering.
2. The Fitness Room is for ages 14+. Those between the ages of 14-15 must have an adult with them while in the fitness area. Ages 16-17 may use the fitness room without a guardian, but ages 14-17 must have a guardian present to use the Free Weight area.
3. To ensure a comfortable atmosphere for everyone, please be courteous and respectful of others.
4. Return weights when finished with each exercise.
5. Allow others to “work in” and take turns. Do not monopolize the equipment!
6. Please wipe off equipment if you are sweating. Equipment is to be left dry after each use.
7. Do not drop weights on the floor or “bang” weight plates.
8. Wear proper attire at all times. No shirts that allow the midriffs to show. Athletic shoes with closed toes and heels are required. No sandals of any kind are permitted.
9. Swearing, grunting and loud noises are prohibited.
10. 30 minute time limits on bikes, ellipticals, stair-steppers and treadmills. (This includes cool down periods).
11. Reservations for cardio-equipment can only take place during the participant’s workout. There are no advanced reservations for equipment.
12. Use of an item of equipment that is unoccupied must be surrendered to the person who has signed up to use it.
13. Please pick up your towels, water bottles and magazines.
14. No food or beverages except water in the fitness room (no glass containers).
15. Please report any problems with equipment to staff immediately.
16. Please do not leave valuables unattended. The City of Allen is not responsible for lost or stolen items.
17. Personal Training is only allowed through certified trainers under contract with the City of Allen.
18. Be courteous and refrain from talking on your cell phone while in the fitness room.
19. The Parks and Recreation Department staff reserves the right to take disciplinary action against facility users for any inappropriate conduct or behavior with in a City of Allen facility. Penalties may include but are not limited to: Suspension or revocation of membership privileges.