DRN Fitness Center Policies

1. Always check-in at the fitness desk upon entering.
2. Participants must be at least 16 years of age or older to use the fitness room. Youth 14 and 15 years must be accompanied to an adult member and at the same weight station for the duration of the workout.
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.