



Auburn Lakes Recreation Center

Fitness Center Rules and Regulations

The Auburn Lakes Fitness Center is a great place to get your body in the best shape of your life. Auburn Lakes Fitness Center was developed to meet the challenging needs of today's health and fitness-conscious Auburn Lakes residents. We are pleased to offer a variety of equipment for cardiovascular, strength and flexibility training. The Auburn Lakes Recreation Center staff looks forward to continually enhancing the type of equipment and wellness programs offered. It is our goal to provide a clean, safe, and pleasant environment while providing exceptional service to our members. To maximize everyone's enjoyment and ability to use the facilities to the fullest, and to ensure the safety of all who use the facility, there are a few rules all fitness participants should follow.

Use of Auburn Lakes Fitness Center

- The Auburn Lakes Fitness Center is for the use of Auburn Lakes Residents and any Non-Resident that has paid an annual fee.
- Access to the Fitness Center is controlled by the Member's coded access ID card.
- You must scan your Auburn Lakes ID card every time you enter the facility. If you do not have your card, access to the facility is denied.

General Rules

- Explanation of equipment use is located on each machine. If further assistance is needed, see the Recreation Center Director or staff.
- Wipe down machines after use. Disinfectant wipes will be made available in the fitness room.
- Members are fully responsible for personal items that are lost, stolen, or damaged at the Fitness Center. The Fitness Center is not responsible for any loss or theft of personal belongings. The Center will maintain a Lost & Found system. Please inquire at the Front Desk if you have lost something and please provide the staff with any lost items you have found.
- The Member, including Members' dependent children and/or guests, are responsible for financially reimbursing the Fitness Center for any damages to the Facility and equipment.
- No equipment is to be moved from its designated area and may not be taken out of the Fitness Center.
- Only equipment provided by the Auburn Lakes Fitness Center may be used. Do not bring weights or any other apparatus from the outside.
- Radios, tape or CD players are not permitted unless they are personal units (such as an "iPod" or "Walkman") equipped with headphones, so the music cannot be heard by others.
- Members are required to pick-up after themselves and discard trash and remove personal items.
- Baby carriages and strollers are not permitted in the fitness area.
- Consult with your physician prior to starting an exercise program.



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Outside Non-Affiliated Personal Trainers or Classes

- All group fitness classes and personal training must be coordinated through the Recreation Center Staff. Only the group fitness classes on the Recreation Center calendar are permitted. Due to liability concerns, it is not permitted to have outside personal trainers or Group Fitness Instructors (paid or un-paid) work with you in the Center or on the grounds of the entire Recreation Center; this includes Fitness Center, Clubhouse, Pool, Playground, and all grassy surrounding areas.
- No signs or solicitation may be posted in the Recreation Center facilities (including the Fitness Center, Clubhouse and Pool), nor may any advertising leaflets, papers, or written material be distributed within the Center.

Children

- Children under the age of 13 are not permitted in the Fitness Center (case by case basis)
- Children 14-17 are required to have an adult with them at all times in the Fitness Center

Dress Code

The dress code established for the Fitness Center is for your comfort, safety, and protection of fitness equipment. If your attire is determined to be unacceptable, you will be asked by the staff to leave the fitness room. Please observe the following guidelines:

- Proper athletic attire must be worn at all times.
- Athletic shoes must be worn at all times. No bare feet allowed.
- Absolutely no sandals, open toed or open-backed shoes are permitted.
- T-shirts or any other appropriate attire (designed sleeveless or tanks) must be worn at all times. *Sports bras and extreme cut-off shirts do not qualify as T-shirts.
- No jeans or jean shorts allowed.
- Khakis and excessively loose fitting clothing are not allowed.
- Apparel with zippers, chains, rivets or buckles are not permitted.
- Clean, un-torn clothing is mandatory for hygiene and safety reasons.
- All shoes should be thoroughly wiped on a mat before entering the Facility.
- Shirts with offensive wording are prohibited.
- Attire should not be overly revealing, and fabrics and accessories should not cause damage to the upholstery on fitness equipment.

Food, Drink, and Tobacco

- Tobacco, drugs or illegal substances of any kind are prohibited inside or around the outside of the facilities at all times.
- No food is allowed in the Facility.



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- No beverage other than water and/or sports drink are allowed in the facility, as long as they are in a closed container.
- Member must clean any spills immediately.
- Other food and beverage items are welcome on the playground picnic area.
- Gum is not allowed in the Facility.
- No glass containers are allowed inside the Facility.
- No alcoholic beverages are permitted in the Fitness Center building at any time.

Fitness Center Etiquette

- Observe and demonstrate courtesy towards others at all times.
- Disrupting or interfering with the workout of another member is not allowed.
- Respect the rights of others by using courteous and appropriate behavior.
- Profanity is not allowed.
- Swearing, grunting, loud noises, abusive language, inappropriate behavior, and vandalism will not be tolerated.
- Abuse of equipment, unsportsmanlike conduct, or failure to comply with the rules and regulations of the Fitness Center will result in expulsion from the Fitness Center and possible suspension of the right to use the facility.
- Good order, proper attire, decorum and consideration of the rights and comforts of others must be observed at all times.

Cardiovascular Equipment Etiquette

- Only one person may use a treadmill at any one time.
- Before you begin, take note of the control panel on the treadmill. Be sure to pay attention to where the pause and the emergency stop buttons are so that you can stop the belt if you should need to do so during your workout.
- Never start a treadmill while standing on the belt.
- Do not read on a treadmill.
- Do not slap your feet while running on the treadmill.
- Please adhere to a 30-minute time limit on cardio equipment when others are waiting.
- Return all cardio equipment to zero speed and elevation after use. Never exit a treadmill with the belt still moving. Use safety devices when applicable.



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- All members are required to wipe down cardio equipment after each use. Cleaning wipes are available for this purpose.

Weight Area Etiquette

- Use of chalk is not permitted.
- Weights may not be set against the wall, mirror, benches or other equipment.
- Perform weightlifting exercises properly, safely and under control at all times. Please do not drop or slam weights. If you have a question about how to perform the exercise safely, please see the Fitness Center staff.
- When performing more than one set on weight equipment, please allow others to “work in” between your sets.
- All members are required to wipe down weight room equipment after each use. Cleaning wipes are available for this purpose.
- Spotters are strongly recommended when using heavy free weights.
- Ease the weights into position on the machines; do not allow them to slam down.
- Please do not sit on machines between sets.
- Do not monopolize several pieces of equipment in the weight room while others are waiting.
- As a courtesy, please towel off each piece of equipment or weight bench after use and return all dumbbells, weight plates, weight pins and handles to racks after use.

Fitness Center Attendants are there to help members if they are unfamiliar with any piece of cardio or weight equipment and will be happy to show you how to use it properly. Attendants are not, however, certified trainers and can only provide basic instructions on use. Personal trainers will be available to answer more detailed questions. If there is not a trainer on-site feel free to leave a message with any staff member, and one will get back to you within 24 hours.

Oakmont PUD has a contractual agreement with a specific company that provides a team of highly trained experts to provide safe and healthy fitness training. If a Member is interested in setting up one-on-one or small group training sessions, please contact the on-site Recreation Director. Members can obtain information regarding the scheduling of this level of training, and payment for these services will be handled through the company providing the trainer services. Instruction or training by unauthorized individuals is strictly prohibited.

Members and their Guests are expected to abide by these Rules and Regulations. Any violation of the Rules may subject the Member to suspension or forfeiture of their privileges. For the enjoyment and safety of all who use the facility the Auburn Lakes Recreation Center reserves the right to dismiss or expel any person from the programs or facilities for behavior that is detrimental to the programs, facilities, or to other Members. This includes, but is not limited to, conduct that constitutes safety hazards, physical abuse, mental abuse, and failure to comply with Auburn Lakes Recreation Center Rules and Regulations.



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These Rules and Regulations may be changed or modified at any time by the Recreation Center staff and Oakmont Public Utility District.

Every Member is encouraged to have a happy, safe experience in this Facility. This Facility is here for your enjoyment, so please treat it and your fellow community members using it with respect. Thank you!

-Auburn Lakes Recreation Center Staff