



**GLENDALE
SPORTS CENTER**
AT INFINITY PARK®

FITNESS CENTER POLICIES

FOOD/DRINK:

- Water is welcome in the fitness area. Non-glass, closed containers only. Please take all other food/drink to the Lobby.

ATTIRE:

Shirts, shorts/pants, and athletic shoes must be worn at all times. Vulgar images and/or text is not permitted, this is a family-friendly zone.

- Winter coats, backpacks, purses, and gym bags must be stored in the Locker Room.

CONVERSATIONS:

- Please keep conversations at a low volume, and keep language family-friendly.
- All phone calls need to be taken to the Lobby.

EQUIPMENT:

- Return all weights and equipment to their proper place after use.
- Set down weights gently, no dropping. Includes cables and machines.
- Wipe down equipment after use, using wipes provided.
- Allow other members to use the machine between your sets.
- Medicine balls can be thrown against the Matrix back-board, not against facility walls.

AGE REQUIREMENTS:

- Ages 8-13 are required to first complete an Equipment Orientation Appointment. Contact a fitness staff to schedule this appointment.
- Ages 8-10 must also be accompanied by a parent/guardian at all times.
- All youth must demonstrate safe, respectful, mature behavior.

Thank you for helping us keep the Glendale Sports Center an enjoyable atmosphere for all!