



It's a lifestyle!

FITNESS CENTRE POLICIES

1. Talking on **cell phones** is only permitted **outside** the Fitness Centre.
2. Proper **athletic footwear** is required during exercise.
3. **Appropriate gym attire** is required in the Fitness Centre (must be suitable for a co-ed environment)
4. All ORC members in the Fitness Centre must be **at least 15yrs old**, unless they are with a Trainer, they have completed the teen training program, they have completed 5 Personal Training sessions and/or they have the Fitness Director's approval. ***Parent training of underage kids is NOT permitted.***
5. Always **return equipment** to its rightful place (including plates, dumbbells, barbells, and fitness accessories).
6. Please treat the equipment with respect and refrain from dropping weights at all times.
7. Place all **personal belongings** (including bags, racquets and jackets) in lockers or on the racks provided.
8. Please refrain from resting on the weight machines between sets.
9. Out of respect to your fellow members, **please spray and wipe down** cardio and weight equipment after use.
10. Please use only minimal or **no fragrance/cologne**.
11. Only **closable liquid containers** are allowed in the Fitness Centre (**no food**).

Thank you for your cooperation!



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