



VESTAVIA HILLS

CIVIC CENTER

Fitness Studio Guidelines

1. Water is permitted in unbreakable, closed containers only and is to be placed on the provided benches or in the provided cubbies, as to not be in direct contact with the wood flooring.
2. Equipment that is stored in the fitness storage areas between the Fitness Studios is for use only during scheduled group fitness classes or programs. Participants are prohibited from removing equipment from the Fitness Studios and using it in other areas of the Recreation Center.
3. Participants are required to disinfect and replace all fitness equipment in its appropriate storage location after each class.
4. Only cloth jump ropes are permitted.
5. The use of tape or other marking materials is prohibited on the wood flooring of the Fitness Studios.
6. The sound system and equipment is available for use only during scheduled group fitness classes in the Fitness Studios by properly trained fitness instructors.
7. Dress Code
 - In order to maintain a welcoming environment for all patrons, clothing that sends profane, inflammatory or bigoted messages is prohibited.
 - Tops are required in all activity areas and must provide full coverage of the chest. Shorts must cover the entire buttocks.
 - For the safety of all patrons, only close-toed, full-back, athletic shoes with non-marking soles are permitted in all fitness activity spaces during active participation. Dance shoes or socks will be permitted when appropriate.
 - In order to maintain the quality and condition of our fitness equipment, pants or shorts with embellishments are prohibited on pads of the fitness equipment.
 - Bare feet are appropriate only for classes that specify this need, including Pilates, Yoga, and Martial Arts.
9. Clean, non-marking fitness shoes are encouraged to be carried to class and put on in the hallway outside of the Fitness Studios.
10. To minimize the risk of injury, participants are asked to continue the class through the cool-down period.
11. Infants are prohibited in the gymnasium and fitness rooms during fitness classes.