

Fitness Center Guidelines & Information

1. Participation in the Fitness Center is open to Saxe Gotha Presbyterian Church members who are a minimum of **15 years old**. All participants must have a yearly physical. Youth under the age of 18 must have a permissive note from their physician and parent. Non-church members may join as space allows.
2. **Youth ages 13-14** may participate under direct parental supervision.
3. Eligibility to participate will require every participant to undergo an **orientation program** on equipment and procedures, and complete a membership form. Participants should have a physician verify their physical ability to use the equipment at their yearly physical.
4. Please remember to start your workouts with a **prayer**. Let us thank God for the wonderful opportunity we have to keep our bodies fit for His glory and use.
5. We encourage everyone to consider starting **prayer groups** in conjunction with workouts. Anyone interested in getting a group started, please contact Ray Renner to get a room reserved for the prayer group meeting.
6. It is not recommended to work out alone, particularly if you are lifting heavy weights or doing a high exertion workout. Please find a workout partner or let someone close by know that you are working out.
7. Participants must **sign in** every time they use the Fitness Center.
8. **Do not copy or loan out the Fitness Center key**
9. The Fitness Center doors shall be closed or closely guarded during workouts to prevent children or untrained individuals from wandering in and getting injured.
10. Take the time to encourage a non-member of the Fitness Center to look over the equipment when you are in a position to do this, but explain the policies and procedures asking them to get further info and sign up for orientation through Ray Renner.
11. The last person out of the Fitness Center shall always check that the **doors are locked** and the **fans, heater, radio, and lights are turned off**.
12. **You must remove weights from all free weight machinery when finished.**
13. **Showers** are available in the TLC restrooms. You must provide your own towel and other shower necessities.
14. All policies and procedures that apply to the Total Life Center will also apply to the Fitness Center. Willful violations of any of the policies or any abuse or removal of equipment could lead to the loss of privileges and use of facility.

FITNESS CENTER FEES

Church Members: \$6 per month (\$36 semi-annual or \$72 annual)

Non-Church Members: \$8 per month (\$48 semi-annual or \$96 annual)

Staff Members: \$3 per month (\$18 semi-annual or \$36 annual)

*discounts available for students who use the fitness center during school breaks

Family Units will pay a maximum of the cost of two full memberships

OPERATION HOURS:

Monday & Wednesday: 6:00 am to 9:00 pm.

Tuesday & Thursday: 5:30 am to 9:00 pm.

Friday: 6:00 am to 8:00 pm

Saturday: 9:00 am to 1:30 pm (these hours may expand during elementary basketball or other events)

Sunday: 2:00 pm to 8:00 pm

Note: exceptions may be made to these hours for special events taking place in the gym, holidays, etc. We will try to post these as best as possible, but please do your part to stay informed and do not use fitness center during a function where this may not be appropriate.