

CENTRAL RECREATION CENTER GENERAL RULES

- You must be at least 12 years of age to use this area. Ages 10 & 11 (must be accompanied by someone at least 18 years of age) are permitted to use the weight room and cardio area. No one under the age of 10 allowed and the use of equipment is prohibited.
- Conduct that infringes upon the safety or comfort of patrons or staff is prohibited.
- All participants must check-in at the Central Recreation Center front desk prior to beginning any activity.
- Patrons using any workout equipment do so at their own risk.
- Immediately report any injuries or equipment malfunctions to a Central Center staff member.
- Equipment orientations are available and encouraged for all first time users. Ask for additional information at the Central Recreation Center front desk.
- Please limit cell phone usage while in the workout areas. No photography or video are allowed in the weight room area.
- Unattended personal items, including backpacks, bags purses, and jackets are not permitted in the weight room, cardio areas, and fitness studio. The Central Recreation Center is not responsible for lost or stolen items. Please utilize locks to store personal items.
- Proper athletic apparel must be worn in the weight room, cardio areas, and fitness studio at all times. Participants are required to wear shirts, shorts or pants, and clean, closed-toed shoes. Shirts are required to be worn at all times, and undergarments including sports bras must be covered by shirts. No Jeans, bathing suits, or street shoes allowed.
- For the health and comfort of all patrons please wipe down exercise equipment after use.
- Maintain control of weights and equipment at all times. Do not drop or band weights. Return weights and equipment to proper location after use. Weights may not be removed from the weight room area.
- Patrons are asked to adhere to a 30 minute time limit for cardio equipment when people are waiting. Please allow other users to work in on weight equipment between sets.
- No food allowed in the weight room, cardio areas, and fitness studio. Drinks must be in a plastic resealable container. Glass containers are not allowed in any activity area.
- Only city of Aurora employees or contracted employees on the city of Aurora payroll are authorized to provide personal training, instruction, or lessons in any city of Aurora facility. Due to liability issues, instruction provided by any outside party is prohibited. Unauthorized sales and solicitation is prohibited.
- Failure to comply with Central Recreation Center rules may result in temporary or permanent loss of Central Recreation Center privileges.

