



Fitness *at the Brea Community Center*

FREQUENTLY ASKED QUESTIONS FOR THE FITNESS CENTER

Tips to guide you in the Cardio and Weight Room.

- You must check in at the front counter before entering the fitness center. The City of Brea is not responsible for lost, stolen or damaged articles left in the Fitness Center. Please leave personal belongings in the lockers provided. The use of all cellular devices with photographic or video capabilities is not permitted within the locker room areas. Please silence phones and refrain from using when in the fitness center. If you must take a call due to an emergency, take your call outside so not to disturb other patrons.
- You must be **13** years of age to enter the Fitness Center.
- Shirt, closed-toed shoes and a towel are required. (No jeans allowed).
- Towels are required in the weight room. *Please* wipe down the machines after each use.
- Sign-in for all cardio equipment is mandatory. There is a 30-minute maximum time limit (two lines on the sign-in sheet) per machine. After that, you may re-sign your name for another 30 minutes.
- Allow *five minutes* for the person signed in to show up for their workout. After that, you may take over their spot on the list. *If you are five minutes late, you have lost five minutes.*
- When using strength-training equipment, allow others to work in between sets. Do not argue with a participant over equipment! When in doubt, please ask the staff to assist you.
- When using a machine, do not drop or slam the weight stack. Maintain control of the movement at all times.
- Do not add weight plates to weight stack pins.
- When using free weights, please use a spotter.
- Please use equipment properly. Observe instructional placards on machines.
- Return all plates, handles and dumbbells to the appropriate racks when not in use.
- Do not drop/slam dumbbells or weight plates.
- Use of profanity is prohibited and will not be tolerated.
- Personal Training, other than Brea Fitness Center staff, is prohibited