

Rules and Regulations

The Fitness Centre & Day Spa

Fitness Centre Rules

1. Bags are not permitted in the fitness areas on the 2nd and 3rd floors. Please use locker rooms for storing personal items.
2. Proper workout attire must be worn, including athletic shoes. No open-toe shoes are allowed on the gym floor.
3. Inappropriate language or behavior will result in removal and/ or membership termination.
4. Do not bang or drop weights.
5. Return all equipment and accessories to their proper locations.
6. Wipe down equipment after use with sanitary wipe or towel.
7. Please place used towels in the designated towel returns.
8. Please limit time on cardio equipment to 30 minutes if other members are waiting.
9. While on the gym floor, keep texting and phone use to a minimum. Use of external speakers for music is prohibited.
10. Children under 13 are not allowed on any cardio or strength equipment and must be accompanied by a parent/adult.

Locker Room Rules

1. Please dry off before exiting wet areas.
2. Remove locks and personal items after each visit. Locks will be removed after closing.
3. Long term locker rentals are available, please see the front desk.
4. Do not leave valuables in lockers. The Fitness Centre and Day Spa is not responsible for lost or stolen items.
5. The main locker rooms are accessible to children over the age of 8 when accompanied by a parent/adult.
6. Members with children 8 and under are asked to use the Family Locker Rooms.
7. Place used towels in the appropriate bins.
8. Please be aware, a towel monitoring system is in place at the main entrance.

**If you have any questions
please stop by the front desk.**

(407) 303-4400 | CelebrationFitness.com

Located inside Florida Hospital Celebration Health
400 Celebration Place | Celebration, FL 34747

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**FLORIDA HOSPITAL
CELEBRATION HEALTH**

FITNESS CENTRE & DAY SPA