



Gaston County Senior Center Fitness Room Policies and Procedures

- All participants must be 55 years of age or older.
- Hours of operation are Monday, Tuesday, & Thursday from 8:00am to 8:00pm and Wednesday 8:00am to 5:00pm and Friday 8:00am to 12:00pm.
- Each member is required to partake in a MANDATORY equipment and policy orientation prior to first use.
- Orientation demonstrations on equipment will take precedence over drop-in usage.
- A current membership card is required and must be presented at each visit when signing in at the reception desk.
- Proper clothing and athletic shoes must be worn at all times.
- Use of cardiovascular equipment is limited to 20 minutes while others are waiting.
- A waiting list procedure for cardiovascular equipment will be in place during peak usage.
- Members must share strength and weight equipment between sets.
- Users must wipe down all equipment after usage. Members must provide their own towels.
- Unsafe practices are not permitted in the Fitness Center.
- Common area audio/visual equipment is to be handled by staff only.
- Food is not permitted inside the Fitness Center.
- Water or sport drink beverages are permitted, but must have a secure closure and are not permitted on the equipment.
- Do not leave personal belongings unsupervised. The Gaston County Senior Center is not responsible for lost or stolen items.