

Roeland Park Community Center Fitness Center Rules & Etiquette

MEMBERSHIP REQUIRED—A current paid membership or day pass is required to use the equipment. All members and guests must check in at the front desk prior to entering the fitness facilities.

For everyone's safety all members must be 14 years of age or older. Members ages 14 – 15 require adult supervision while using fitness center equipment.

Respect others by silencing your cell phone and take all phone calls outside of the gym.

To minimize noise pollution personal electronics require headphones.

For your safety and the safety of others equipment should only be used for its designated function.

Assistance may be available for any member unfamiliar with the operation of any of the exercise machines or weight equipment. See the front desk for details regarding fitness orientations and/or personal training.

Members are responsible to secure their valuables and personal items to prevent lost or stolen items.

We all like a clean facility so intermittently we may be cleaning during your workout. Please excuse us while we ensure a safe and sanitary environment.

Maximize your workout by controlling weights during their use. Control both with free weights or sectionalized weight training equipment to prevent dropping, slamming, or bouncing of weights. Always use a weight that you can safely lower to its resting position, floor or rack.

All equipment, including benches, must remain in their designated place to maximize space and to avoid tripping.

Spotters are recommended for all free weight and heavy machine exercises. *Please provide your own spotter.*

Return all equipment to the appropriate racks including, dumbbells, pads, bars, collars, and all free weight equipment. Weights left unattended can be a safety hazard and an inconvenience to others.

Weights and bars of any kind should not lean up against the walls, pillars, equipment or mirrors.

Share equipment by letting others work in between your sets and limit time on cardio equipment to 30 minutes when others are waiting.

Immediately report any injury or facility equipment irregularity to the staff member on duty. Members should check equipment prior to each use and report broken or damaged equipment.

We ask that patrons help us with our efforts to keep everyone safe and healthy by using the disinfectant provided to wipe equipment down both before and after each use.

Help us keep noise pollution to a minimum by refraining from making loud or obnoxious sounds. Profanity and suggestive language will not be tolerated.

This is no place for inappropriate behavior. Disregarding rules/regulations, posted guidelines, or verbal directions provided by staff may result in you being asked to leave and could mean the loss of facility privilege.



Personal training now available!
Please see front desk for details.

National Gold Medal Award Winner for Excellence!

