



## **Rules for Mini-fitness Centers**

- The centers are currently free of charge to any Healthy Villages participant. Please, help us by not passing the door codes out to others. If they would like to use the facility have them contact Melissa Daugherty.
- Participants must sign a waiver prior to using the equipment.
- Bring a change of shoes as not to track in dirt on equipment.
- Try to have another person with you at all times while working out.
- Youth under the age of 18 must be with an adult and exercising or they will not be permitted in the facility.
- Please, help keep the facility clean by wiping down equipment when finished, pick up trash, sweep when needed and any other cleaning that may need to be completed. Make sure to leave the center as it was as you came or better.
- Make sure lights, Television, equipment and anything else you turned on is turned off when you leave as well as make sure the door is locked.
- You are free to use the centers in any of the towns as a Healthy Villages participant.

Again, these centers are free of charge for any Healthy Villages participants. Please, help and do your part. If you see something that needs attention please let Melissa Daugherty know at 319-293-8727.