



The Fort Myers Beach Parks and Recreation Department



Weight Room Rules

A 30-minute time limit on cardiovascular machines must be observed when someone is waiting. The weight and fitness staff will determine when to enforce time limits.

Participants must be 16 years of age or older to use the weight and fitness rooms. Participants between the ages of 14 and 16 must be accompanied by an adult. No one under the age of 14 is permitted in the weight room.

No food, tobacco of any kind, chewing gum, glass bottles, or cans are allowed. If you wish to carry a beverage with you, it must be water in a plastic container with a lid/cap.

Profanity and excessively loud or suggestive language or music will not be tolerated.

All users are required to wipe down equipment. (Covering the padded equipment with a towel helps prolong the life of the equipment and keeps everything clean for the next user.)

Patrons should use extreme caution in lifting weights to avoid potential injuries to themselves or others.

All equipment must remain in the weight room. Do not move equipment from this location to another in the facility.

All equipment must be used in the manner for which it was designed. Do not attempt to modify the equipment.

No outside personal training is permitted in the facility. Personal training can be arranged through the Bay Oaks staff.

Do not attempt to use equipment if unfamiliar with the proper use. Please ask the Bay Oaks staff for assistance.

Appropriate exercise attire is required in the weight room. T-shirts, shorts, warm-up suits, sweat suits, aerobic attire and athletic shoes are acceptable attire when working out. Closed-toe athletic shoes are required. Sandals, or open-toe shoes are not permitted in the weight room.

All weight training should be performed in a controlled and safe manner. Dropping, slamming, or bouncing of weights is prohibited. Power lifting is prohibited.

Spotters are recommended for all lifters.

Dumbbell use is limited to one set of dumbbells at a time.

All free weights and dumbbells must be returned to appropriate racks when finished.

The use of chalk is prohibited.

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

Bay Oaks Recreation Center of The Fort Myers Beach Parks and Recreation Department will not be held responsible for any lost or stolen items.