

Cambridge Fitness Room Policies

1. Before beginning any fitness program participants should consult their physician.
2. Every participant must attend the fitness orientation prior to using the facility.
3. Each user must swipe card at the desk prior to entering fitness room.
4. No children under the age of 13 are allowed inside the fitness room. In addition, children are not allowed to sit or loiter at the hall entrance for safety reasons.
5. Participants must be at least 16 years of age to use the fitness center alone. Participants 13 – 15 years old may use fitness center if directly supervised by their parent or legal guardian or participating in a County sponsored program under the direction of center staff.
6. Parent/Guardian must accompany minors upon issuing a fitness membership.
7. Shirts and proper shoes must be worn at all times.
8. Please use a towel when working out on equipment.
9. No refunds will be issued for purchased fitness membership.
10. Maximum use time on cardiovascular equipment is 20 minutes.
11. Only Water is allowed in fitness room.
12. Abusive behavior, inappropriate language or intentional damage to the facility equipment can result in suspension or loss of privileges in all Clark County Facilities.
13. If equipment is damaged or not working properly, please report to center staff.
14. Policies, fees and facility hours are subject to change.
15. Please exercise SAFELY. If you have any questions about the equipment please ask the staff.
16. Please refrain from cell phone use in the fitness room.