



"SENIOR GYM" RULES



El Monte resident \$1.50 per visit or \$15.00 a month
Non-resident \$2.50 per visit or \$25.00 a month

- 1. ONLY PERSONS over the age of 50 are permitted to utilize the facility. The City of El Monte Parks, Recreation and Community Services Department reserves the right to restrict and/or refuse admittance to this facility.**
- 2. All persons using the El Monte Senior Gym must attend orientation on the proper use of the fitness equipment and have a signed waiver on file at the Jack Crippen Multipurpose Center PRIOR TO using the facility.**
- 3. Persons registered in the fitness program will be issued a fitness pass to be worn while utilizing the fitness room.**
- 4. All patrons using the Senior Gym must sign in and out at the Front Desk, and wear Fitness Pass so that it is clearly visible.**
- 5. All Senior Center policies and procedures must be complied with at all times. Failure to do so may result in loss of privileges and/or suspension from facility.**
- 6. No food or drink, other than bottled water, is permitted in the Senior Gym.**
- 7. Patrons utilizing the fitness room must bring their own towel to wipe down equipment after each use. Towel may be used as a barrier on equipment for health and sanitation purposes, when appropriate.**
- 8. There is a 15-minute time limit on aerobic equipment while others are waiting (treadmill, bike, and upper body cycle). Please limit your use of aerobic equipment to 15 minutes.**
- 9. All persons using the equipment must wear appropriate athletic footwear for safety purposes.**
- 10. No sleeveless, tank or midriff shirts permitted.**
- 11. In consideration of others, those patrons wishing to exercise to music must bring their personal smart phone, Walkman-type radio WITH HEADPHONES.**
- 12. Please inform the front desk if any of the equipment is not working properly or is broken.**