



Shiocton Fitness Center . . . Physical Fitness: For School. For Community. For Life.

Welcome to Membership in the Shiocton Community Fitness Center

In this guide, you will find valuable information about the Community Fitness Center. We hope your experience using this facility brings you increased health and happiness.

Membership is for adults 18 years and older

Membership Fees:

Individual adult	\$100/annual
Individual adult	\$12/month
College student	\$40/annual
(must show ID)	
Adult daily rate	\$2/day

Fitness Center Hours of Operation for Community Use:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5-7:30 am	5-7:30 am	5-7:30 am	5-7:30 am	5-7:30 am	7-10 am
4:30-8:30 pm	4:30-8:30 pm	4:30-8:30 pm	4:30-8:30 pm	4:30-8:30 pm	

*Hours subject to change pending member use

*Holiday and summer hours will be posted

*Inclement Weather/Snow Days:

Please download the Shiocton District app on your phone for the most updated information.

Fitness Center Rules and Expectations:

- Occupants of the Fitness Center may not be younger than 9th grade.
- All members and users should be able to enjoy their workouts while helping to maintain a clean, safe Fitness Center. There will be zero tolerance for “horseplay”, inappropriate language, or intentional misuse of equipment.
- All participants must sign-in and out when using the Fitness Center.
- Adults must pay the appropriate daily fee or have a current membership. Current Shiocton high school students may use the center at no cost during student hours.
- Adult members are only allowed to use the facility when it is scheduled to be opened.
- Participants must be properly dressed for activity. Appropriate shirts must cover full chest and back. No open-toed shoes, boots or cleats are allowed. Clothes and shoes must be dry and free of mud and grass. Bring dry shoes to put on if necessary.
- Only water is allowed in the Fitness Center, no food, gum or other beverages.
- Towels that are provided are for cleaning the equipment. Use the cleaning spray and please wipe down the equipment after use. The used towels should be placed in the proper container.
- Do not place bars or dumbbells on bench upholstery.
- Spotters are required when lifting.
- Plate collars need to be used on all bars at all times.
- Re-rack all weights and dumbbells after use. Put other equipment away as needed.
- When Fitness Center is busy (while others are waiting), please limit your use on the cardio equipment to 30 minutes.
- Admission to this facility will be limited to individuals who follow the above rules.
- All equipment must stay in the Fitness Center.
- The Fitness Center rules and expectations are subject to change.

Procedures and Guidelines for use of the Fitness Center:

Admission:

Adults must pay the appropriate daily fee or have a current membership. Current All participants must sign-in and out when using the Fitness Center. Adults and students are only allowed to use the facility when it is scheduled to be opened.

Care of the Facility:

Towels that are provided are for cleaning the equipment. Use the cleaning spray and please wipe down the equipment after use. The used towels should be placed in the proper container.

Do not place bars or dumbbells on bench upholstery.

Put the equipment away when finished.

When Fitness Center is busy (while others are waiting), please limit your use on the cardio equipment to 30 minutes.

Childcare:

Children may not be left unattended in the vestibule area. For the safety of all, please make off-site childcare arrangements. During community hours children 17 and younger are not allowed in the Fitness Center.

Dress Code:

Members are expected to dress appropriately for your workout in the Fitness Center.

All users are asked to wear:

1. Appropriate shirts which must cover full chest and back.
2. Shorts, athletic pants or sweatpants.
3. No open-toed shoes, boots or cleats are allowed. Clothes and shoes must be dry and free of mud and grass. Bring dry shoes to put on if necessary.

Food and Beverages:

No food, gum or drink, other than water, is allowed in the Fitness Center.

General Etiquette:

All members and users should be able to enjoy their workouts while helping to maintain a clean, safe Fitness Center. There will be zero tolerance for "horseplay", inappropriate language, or intentional misuse of equipment.

Music:

Music played aloud should be family-friendly. Music should be kept at a decent volume, determined by the supervisor. Members are encouraged to utilize their own listening devices which do not interfere with other members.

Personal Items:

There are shelves available for members to use during their workout. The Shiocton School District is not responsible for lost, damaged, and/or stolen personal items.

Restrooms:

There are restrooms in the Fitness Center available for members to utilize and change in. A shower is also available. Members need to bring their own towel and supplies for showering purposes.

Safety:

The safety of the members using the exercise equipment is a priority. If you are unsure how to use a piece of equipment, please ask the supervisor. All Fitness Center users must have a signed waiver on file.

Staff:

The Community Fitness Center has paid supervisory staff. However, they are not trained fitness professionals. Their duties are to effectively manage the fitness center during community hours. They do have knowledge on the operation of the machines and necessary CPR/first-aid.

Students:

Students in 9th-12th grade may use the weight room during supervised student hours only.

Violations:

The Shiocton School District reserves the right to add or amend Fitness Center rules and procedures at any time. All users must abide by the rules and procedures of the Fitness Center. A user may be suspended in the event of a violation of the Fitness Center rules, procedures, or District policies. Violations include, but are not limited to: intentional damage or misuse of property; fighting; use of inappropriate language; use or possession of drugs, alcohol, tobacco, or other illegal substances on the property; and theft or illegal acts. Access will be denied to users under the influence of alcohol or other illegal substances.