

Fitness Areas

Wylie Recreation Fitness Areas include cardio and strength equipment areas, tracks and stretching areas within a Wylie Recreation Facility.

In addition to Fitness Areas Rules and Guidelines, all Facility Rules and Guidelines and City Ordinances apply.

Please contact an Employee with questions or for assistance.

USE

The Fitness Areas are available for Open Fitness, Registered Activities and City of Wylie sanctioned activities.

ADMITTANCE

Admittance only with appropriate check-in.

Access to Fitness Areas is restricted to Guests sixteen (16) years of age and older.

Children ages twelve (12) through fifteen (15) must be within arm's reach and directly supervised at all times by an adult, eighteen (18) years of age or older, with a limit of one (1) adult to three (3) children.

The City of Wylie recommends all Guests consult a physician prior to beginning any exercise or fitness program.

CONDUCT

Food, drink and gum are prohibited in the Fitness Areas. Water in a spill proof bottle is allowed. Glass containers are prohibited.

Athletic clothing and shoes must be worn at all times. Open toe shoes and sandals are prohibited.

Standing on or leaning over railings is prohibited. Throwing, dropping and kicking any object over the railing are prohibited.

Limit use of cardio machines to thirty (30) minutes when someone is waiting. Allow others to workout with strength equipment while resting. Sitting on machines while someone is waiting is prohibited.

As a courtesy to others, please limit the number of facility-provided towels used.

Standing or sitting on track is prohibited.

Change lanes with caution, move to single-file to allow others to pass, and look in both directions when entering and exiting track.

Obey the posted track lane designations and directional guidelines. Please use inside track lanes for walking and jogging.

On track, no more than two people side-by-side in a lane.

EQUIPMENT & GROUNDS

To maintain clean, sanitary and well-functioning equipment, sleeved shirts must be worn at all times. Underarms, backs and midribs must be covered. Sports bras must be covered. Tank tops and muscle t-shirts are prohibited.

Strollers, baby carriers, slings and seats are prohibited.

Game balls are prohibited.

Hanging gym towels over rails or racks is prohibited.

Guests must read and follow posted fitness equipment instructions. Ask Facility Employees for assistance if unsure how to operate equipment.

Use only equipment that is functioning properly. Immediately discontinue use of any equipment that is broken, malfunctioning or defective. Report any problems with equipment to Facility Employees immediately.

Wipe off equipment with provided antiseptic wipes and towels after use at each piece of fitness equipment. Place used towels in designated hampers, and wipes must be placed in trash cans.

Set machine and free weights down gently.

Return weights and equipment to proper locations.