

To ensure a safe and positive experience all Health Club members are required to observe the following:

1. Clean, dry athletic/training shoes only (sandals, dress shoes and boots are not permitted).
2. The City reserves the right to determine proper fitness attire. A shirt and athletic bottoms are required; jeans and pants with belts are not permitted.
3. All bags, jackets and coats must be kept in lockers within the change rooms. The City is not responsible for lost or stolen items.
4. Headphones must be worn when listening to personal media devices in the Health Club.
5. When using cell phones, please keep conversations brief and quiet to avoid disturbing others. Use of cellphone cameras is prohibited. Change rooms and washrooms are cell phone free zones.
6. Use of the fitness equipment is on a first-come, first-serve basis
7. This is a fragrance-free environment. Fellow members may experience allergies or sensitivities to fragrances.
8. Food is not permitted in the Health Club. All liquids must be in a container with a sealed lid.
9. Avoid resting on equipment between sets and allow other members to use machines when resting between sets.
10. Return plates/dumbbells and barbells to their appropriate locations after use. Please return all equipment used to proper locations for a safe and uncluttered fitness environment.
11. Avoid dropping/banging weights – it is disruptive to members and damaging to equipment.
12. Please wipe off cardio and/or resistance machines after each use. Disinfectant wipes are provided in all Health Club rooms to ensure clean and dry equipment. Wipes may be used more than once.
13. Report any broken or malfunctioning equipment to Fitness staff.
14. Youth 13 years (+) are welcome to use the Health Club upon successful completion of the Youth Fitness Orientation or Operation Fit program.
15. Facility staff reserve the right to remove any person and revoke their membership for unacceptable behaviour (including but not limited to vandalism, theft, offensive language, selling/soliciting products or services including personal training, and unauthorized photography or videography)

Fitness Staff monitor the Health Club rooms regularly. They will be happy to assist you.