

	Monday	Tuesday	Wednesday	Thursday	Friday
4:00 PM	Open Gym 4 – 7pm	CLOSED	Open Gym 4 – 7pm	CLOSED	Open Gym 4 – 7pm
4:30 PM					
5:00 PM					
5:30 PM					
6:00 PM					
6:30 PM					
7:00 PM					

Open Gym Policies

1. Please adhere to open gym times to avoid unnecessary waiting.
2. During this time you **MUST** enter through the pool to be screened and then walk to the gym. Please to do not congregate in the physical therapy or cardiac rehab waiting areas.
3. While we accommodate both Therapy/Cardiac Patients and WellFIT Members, please be mindful that Therapy/Cardiac Patients have priority on equipment. Please cooperate with the Therapy/Cardiac staff in allowing them to use the equipment when asked.
 - a. Therapy is open 8:00AM to 5:00PM.
4. For your safety, shirts and proper footwear is required.
5. Exercise equipment is used on a “first come, first served” basis (except when patients are involved). There is a **10 minute limit** on the following equipment when people are waiting:
 - a. Standing and recumbent ellipticals
 - b. NuSteps
 - c. Stationary bicycles.
6. **NO** open drinks and **NO** food in the gym areas. (Bottled drinks with lids **ONLY**).

Gym Equipment Safety

1. Please **DO NOT** enter the gym without staff present.
2. For your safety on the treadmills:
 - a. No hanging towels or clothing on any part of the treadmill
 - b. Please use safety clip while using the treadmill
3. For your safety with other machines:
 - a. Please make sure that you are using proper weight (do not over exceed what you can handle)
 - b. Make sure that the pins are completely in the weight machine.
 - c. Make sure that your seat is locked in position before sitting on the seat.
4. For the safety for yourself and other members, Please wipe down your equipment after use.