 WHITE CO. PARKS &

RECREATION WELLNESS AREA RULES:

* PLEASE ALLOW OTHERS TO USE MACHINES IN BETWEEN SETS. PLEASE LIMIT USE ON CARDIO EQUIPMENT TO 30 MINUTES.
* SHIRTS AND CLOSE-TOED SHOES MUST BE WORN AT ALL TIMES.
* AREA IS DESIGNED FOR AGES 16 AND OVER ONLY!
* PLEASE RE-RACK ALL FREE WEIGHTS AND PLATES AFTER EACH USE.
* DO NOT DROP OR SLAP WEIGHTS
* APPROPRIATE WORKOUT ATTIRE MUST BE WORN.
* PLEASE MAKE SURE YOU WIPE DOWN EQUIPMENT AFTER EACH USE.
* PLEASE ASK FOR ASSISTANCE IF YOU ARE UNSURE HOW TO OPERATE MACHINE.
* DRINKS MUST BE IN A CONTAINER WITH A SEALABLE LID- NO FOOD ALLOWED.