

Davie County Senior Services Fitness Room Policies & Procedures

- No one under the age of 55 is allowed on the equipment in the Fitness Room with the exception of Senior Services' staff and designated volunteers.
- All participants must receive training on the exercise equipment from staff member or designated volunteer prior to use the first time.
- All participants must sign a release waiver prior to use of the equipment the first time. This will be kept on file at Senior Services.
- All participants are strongly encouraged to receive a doctor's authorization prior to beginning any fitness program, including use of the equipment in the Fitness Room
- Participants are expected to dress appropriately. Clothing should be non-distracting in length and fit.
- There is no fee to use the Fitness Room at Senior Services. Donations toward the cost of equipment maintenance are always appreciated.
- Participants must follow all other policies and procedures of Davie County Senior Services.