



JCC Fitness Center Rules

Hours of Operation	Monday - Thursday:	5am - 10pm
	Friday:	5am - 6pm
	Saturday:	8am - 5pm
	Sunday:	8am - 6pm

- All new members must sign a waiver before using the Fitness Center.
- We strongly recommend that you consult a physician prior to beginning an exercise program.
- Fitness Center is open to members 18 years of age or older. Members 11-17 years old must have their parents sign a release and attend an orientation session in order to use the Fitness Center. Members 11-12 are allowed to use the Fitness Center with their parents after completing the items above. No drop offs. No children under the age of 11 on the Fitness Center floor.
- Proper workout attire is required and must be worn at all times. Athletic shoes and exercise clothing are required. No jeans, flip-flops, sandals or swimsuits.
- The JCC is a tobacco, alcohol, drug, and weapon-free environment.
- No cellular phone use (phone calls, texting, emailing, etc.) allowed on the Fitness Center floor. Cell phones can be used in the Welcome Center lobby area.
- Please be aware of your time on the machines, especially if the Fitness Center is crowded. We recommend limiting use to 30 minutes during busy times.
- The misuse or abuse of any fitness equipment is prohibited. Please do not slam or drop weights.
- Please replace all equipment in its proper place and re-rack weights after use.
- Please wipe down machines and weights after use. Use wipes located throughout the Fitness Center.
- No food or gum in the Fitness Center floor area. Drinks must be in a spill-proof cup or have a lid on them.
- The ERJCC is not responsible for lost or stolen items. Please leave your valuables at home.
- Only authorized personnel of the Jewish Community Center are allowed to provide personal training services. Any participant observed or assumed to be personal training with a patron in the facility, is subject to suspension of their ERJCC member privileges.

If you have any questions, contact Robin Fortenberry, Director of Fitness Services, at 713-551-7211 x 3105 or rfortenberry@erjcchouston.org