FITNESS CENTER GUIDELINES

Each resident must show Sun City Grand picture ID when checking in.
Guests must be 16 years of age to use the fitness room.
Children are allowed in the Adobe pool only during designated children’s hours. Cimarron is an adult only facility (16 and older).

FITNESS ROOM

When working out, please observe the following dress code:

- T-shirts or full-cut tank tops only – no halter tops, muscle shirts (with gaping arm openings), half shirts, or sport bras worn alone. No full-button dress shirts
- Elastic waist shorts & pants (zipper or button enclosure ok) – no denim shorts or pants, no belts, NO BATHING SUITS
- Athletic shoes such as tennis, walking/jogging, aerobic – no sandals or street shoes, without medical requisition
- Please refrain from using any cologne, lotions, etc. with fragrance
- Guests must be 16 years of age or older to use the fitness room
- No conversations on cell phones or other electronic devices

WHEN USING THE EQUIPMENT

- Hand towels are required for your personal use
- Use gym wipes provided to wipe off equipment after each use. Only one wipe is necessary to clean the machine
- Sign up for cardio equipment, i.e. treadmills, cross trainers, bikes, NuStep. Limit time to 30 minutes on each piece of cardio equipment. Cannot be reserved in advance. Must sign yourself in
- Return weights to their proper racks
- Share the equipment
- Drink plenty of water – no other beverage or food is allowed
- Please use safety equipment for free weights; i.e. bar clips, etc.
- Slamming weights is discouraged

WALKING TRACK (ADOBE ONLY)

- Athletic shoes such as tennis, walking/jogging, aerobic shoes only – no sandals or street shoes, without medical requisition
- Guests must be 16 years of age or older to use the track
- No conversations on cell phones or other electronic devices
- As a consideration to others, please do not travel more than 2 persons wide around the track