

Waynesville Recreation Center (Weight Room Rules)

Waynesville Recreation Center (weight room):

- Place weights back on rack when finished.
- No one under 16 in weight room.
- Shoes and shirts required at all times.
- Sports and plastic bottles only in weight room.
- Spotters are required when lifting heavy weights.
- No dropping or excessive banging of weights.
- Use clamps when using free weights.
- No loitering.
- Clean shoes.
- No profanity.
- When unattended use weights at your own risk.