

General Information and Rules

- The RTC Health and Fitness Gym is open Monday – Friday, 8:30 am to 5:00 pm. The facility is always closed on: Thanksgiving, Christmas, New Years Day, Memorial Day, July 4th, and Labor Day. The facility may be closed at other times due to staffing limitations or weather conditions. Every effort will be made to notify members as soon as closure is necessary. In the event of inclement weather, members are advised to call the RTC to find out if the Gym will be open.
- The lockers do not have locks. Anything left in the locker room is left at your own risk. We advise you not to leave valuables unattended or unsecured. You are encouraged to bring your own lock. However, your belongings and lock must be removed after your workout.
- Members must scan their membership card when entering the gym. If your card is lost, please ask for a replacement.
- Washy, washy...Healthy, healthy...Happy, happy!! Hand sanitizer is available at the gym entrance and locker rooms. So, everyone remains healthy and happy, we encourage you to use before and after using the Gym facilities.
- Wear clothes that you can comfortably and safely move and exercise in.
- For your safety, sneakers are required to use equipment and to exercise.
- It is better not to wear your exercise sneakers outside the gym. If you do, your sneakers must be free of dirt, mud, salt and sand, and must be dry to exercise before entering the Gym.
- There are no shower facilities. However, if you need a towel (e.g., for personal hygiene or to wipe perspiration) you must bring your own towel. Towels are not provided for Health and Fitness Gym members. Linen and towels are provided for active rehabilitation patients only.
- The staff of the Health and Fitness Gym will be happy to orient you to our facilities and equipment. For your safety and maximum benefit, ask a staff person if you are unfamiliar with the purpose, use or set-up of the equipment.
- Wipe off the machines after you use them with the disposable cleaning/disinfecting wipes provided.
- Advise a staff member anytime there is a problem with the equipment or facilities.
- Report any injuries that anywhere occur in the building.
- Phones are for staff use only. If you need a phone to arrange transportation or for an urgent matter, you must ask a staff person.
- Do not bring children to the Gym during your workout. This is for their safety. Visiting children must be accompanied by a responsible adult at all times, and they are not allowed to touch or use equipment.

The RTC Health and Fitness Gym staff is committed to making the Gym safe, clean and accessible for you and all members.