

Bracebridge Sportsplex Weight Room

For help with equipment, information, equipment orientations and general assistance, please consult our weight room attendants.

- Children under 13 must be directly supervised by a parent or adult 18 years of age or older.
- Equipment must stay in the weight room, and returned to its original location after use.
- Machines need to be wiped down after use with the towels and spray bottles provided.
- Athletic attire must cover back, shoulders, torso and chest to be deemed acceptable clothing.
- Clean, indoor shoes are mandatory footwear. Please remove any jewelry, which may compromise a safe workout.
- Lockers are available in the Sportsplex change rooms and upstairs outside Group Fitness Studio for \$0.25 / use.
- Please use headphones for all personal music devices.
- Water only permitted, and must be in a closed container. Food, chewing gum or other beverages are not permitted.
- Members are to report any concerns, injuries or equipment issues to the Weight Room Monitor or Reception Desk.
- Disruptive language or behaviour will not be tolerated and may result in persons being asked to leave.
- Cardio and other weight room equipment should be limited to 20 minute intervals during high peak hours.
- Utilize the equipment in a safe fashion. Please do not sacrifice technique for weight. Control of technique extends to the non-slamming of weights/plates.

Thank you for your cooperation. Please report any injuries, equipment issues and any concerns to the Weight Room Monitor or Sportsplex Reception or Kiosk Desk.

For further information please contact the Bracebridge Recreation Department at (705) 645-3037.