

Palos Heights Fitness Center Rules

- All members, guests and visitors must check in at the Fitness Service Desk upon each arrival. All members must present a membership identification card before working out. Lost membership cards may be replaced at the Recreation Center Front Desk.
- Members must wear appropriate exercise attire at all times. A shirt must be worn to cover the upper body and midriff, shorts must be mid-thigh or longer; clean sturdy shoes are also required. The clothing must be for exercise purposes. No open-toed shoes, open-backed shoes, boots, sandals, or dress shoes are allowed. Failure to dress properly will result in denial to workout.
- Observe proper personal hygiene by showering regularly, wearing clean clothing and using deodorant.
- No bags, coats or personal items are allowed in the fitness center. Lockers are available for members. Palos Heights Parks & Recreation Department is not responsible for lost or stolen personal items. Valuables should be secured in lockers. Items will not be held at the front desk.
- Disrupting or interfering with the workout of another member is not allowed. Respect the rights of others by using courteous and appropriate behavior. Profanity is not allowed.
- Members must wipe down all equipment after use with anti-bacterial and EPA approved wipes.
- Except for capped water bottles, eating or drinking is prohibited. Please dispose of all trash in the proper receptacles.
- Slow down, clear and reset the cardio machines for the next member.
- Compliance with free weights includes the following:
 - Collars are to be used at all times to secure weights on bars
 - Weight plates are not to be leaned against equipment standards and machines
 - After utilizing equipment, strip bars and return plates and dumbbells to proper storage areas
 - Members must use safety bars when using the Smith machine. Set the safety bars about one inch lower than your lowest movement with the bar
 - Dumbbells and weight plates must not be dropped on the floor for any reason
- The fitness center is to be used by members only.
- Fitness members should report all equipment malfunctions, personal injuries and specific concerns immediately to the Fitness Service Desk staff.
- If any member violates any rule or regulation they will be subject to the following procedure:
 - Verbal Warning – member will be informed by the Fitness Service staff of the violation
 - If a second warning is necessary, a written warning will be issued
 - If a third warning is necessary, membership may be revoked
- Hours of operation are subject to change at any time.
- Members must not use profane or offensive language
- No excessive grunting or noises

Indoor Walking Track

Keep walking and running year-round with our indoor track. The three lane suspended walking/running track is 1/12 of a mile and available for Palos Heights residents to use free of charge. Track memberships are available or you can pay the daily drop in rate to use the track. The use of the indoor track is included in your fitness center membership

Walking Track Usage

1. Check in at the Fitness Service Desk (2nd floor) each time you visit.
2. Patrons who pay the daily track walk in fee must pay and sign the waiver at the front desk. After paying they will be given a receipt that will be handed to the fitness desk staff.
3. Walking track users are free to use the locker room.

Walking Track Guidelines

1. Minimum age is 12 years old; no child under the age of 12 is permitted on the track with or without parent/guardian accompaniment
2. In the interest of safety for our track participants & children/infants themselves, baby carriers & strollers are not permitted on the track
3. Proper attire is required including appropriate walking/running shoes and shirts
4. No fitness equipment is permitted on the track unless under the supervision of a fitness staff member
5. Small hand and ankle weights from home are permitted
6. For safety purposes walkers/runners should stay posted in the designated lanes only
7. Track direction changes on a daily basis and should be followed as posted
8. Walk/jog/run in groups of 2 people wide
9. No spectators allowed on track