

CHRISTUS Health and Wellness Center
Gym Rules

1. Be considerate and respectful of yourself and others.
2. Anyone under 15 must be accompanied by an adult at all times.
3. Athletic clothing and shoes must be worn.
No black-soled shoes are allowed.
4. The following activities are not permitted & will result in ejection, suspension, or termination of membership &/ or use of the facility:
 Fighting, stealing, property damage or vandalism, loitering, disorderly conduct, horseplay, littering, profanity, and misbehavior towards staff.
5. Do not sit on the basketballs, hang from the wall mounts, or use any other equipment in the gym unless authorized by Wellness Center staff.
6. No Dunking
7. The Wellness Center is not responsible for any lost or stolen personal items. Leave your valuables at home or in a locker.
8. Any member caught sneaking in players will be immediately ejected & their membership terminated.
9. Be sure to check the gym schedule located on the door, or visit our website, for future gym programming.
10. Half-court basketball will be in effect during Family Fitness hours to accommodate parents and children.