

Jasper Wellness Center

Basic Rules to Follow

415 2nd Street E Jasper MN 56144

To help everyone enjoy their workout experience we will list a few basic rules for **EVERYONE** to follow.

11. Please bring your own towel, iPod, and headset...
2. Always be courteous to other members - take turns with machines, be in complete agreement with radios, etc.
3. Carry in your workout shoes. Please be sure that all shoes are clean and dry before working out on the equipment.
4. Must wear shirts while working out in the Jasper Wellness Center.
5. Clean the sweat off the equipment when you are finished with the disinfected wipes provided the gym.
6. Turn off what you are using when leaving if nobody else is in the fitness center. (Lights, TVs, radios)
7. A telephone is provided for your safety. Please use in emergency situations only.
8. Report any problems immediately to the City Office (complaints or problems observed)
9. **Everyone must swipe their card key** when entering the building, even when entering with other members.
10. Notify us immediately if you lose your card key. A \$10.00 fee will be charged for a replacement card.
11. **Never let a non-member into the Jasper Wellness Center.**
12. Contact the City Office if an out-of-town guest would like a temporary pass (\$3.00 per day).
13. Always use the equipment in the manner in which they were intended.
14. **With the risk of injury associated with improper form or heavy weight; the City prohibits deadlifts in our gym.**
15. Have a safe and enjoyable time using the Jasper Wellness Center.
16. School age children in sports may ask for Council approval to obtain a membership without parental supervision, with parents or guardian consent.

WORKING OUT WITHOUT PAYING IS TRESPASSING!!!