



City of Manitowoc

Wellness Steering Team Exercise Facility

Exercise Facility Rules

- Facility hours are Monday through Friday 5:00 a.m. to 9:00 p.m.
- Individuals must sign all necessary paperwork prior to use of the exercise facility.
- This exercise facility is for use by employees and their spouse. No children or guests are allowed.
- Individuals must sign in on the log every time they use the facility.
- For safety reasons, individuals must work out with a partner outside of the normal business hours of City Hall (Monday – Friday, 7:30 – 4:30). Individuals using the facility during normal business hours must check in with Heather Sohlden in the Mayor’s Office. No one is to use free weights by themselves.
- No outside shoes are allowed on the equipment.
- Equipment is only to be used for its intended purpose.
- Jump ropes are not permitted.
- Immediately report malfunctioning equipment to the Human Resources Office.
- Individuals must exercise normal care of all equipment.
- Individuals are expected to be courteous and respectful of others.
- Equipment should be sprayed and wiped down after use.
- Individuals must provide their own towels.

I acknowledge that the City of Manitowoc is providing me an opportunity to utilize said exercise facility as a benefit and at no cost to me. I understand I will be held accountable for inappropriate conduct on my part. Inappropriate conduct may result in loss of access to the exercise facility indefinitely at the discretion of the Wellness Steering Team and the Mayor. The use of this exercise facility is a benefit and not a right.

I HAVE READ THE FOREGOING RULES AND VOLUNTARILY EXECUTED THIS DOCUMENT WITH FULL KNOWLEDGE OF ITS CONTENT.

Signature: _____ (Employee) Date: _____

Print Name: _____