

HOT TUB

GUIDELINES

Ages 18 and over only.

Cool down at least five minutes after exercising and shower prior to use.

A swim suit must be worn at all times.

For safety, limit tub usage to 15 minutes per hour.

Diving or jumping into the hot tub is prohibited. Aerobic exercise in the hot tub is not allowed.

Spa use is discouraged for persons with: high/low blood pressure, diabetes, heart conditions, respiratory issues, epilepsy, seizure disorders or for women who are pregnant.

Please do not use the hot tub if you are under the influence of alcohol, anticoagulants, anti-histamines, vasoconstrictors, vasodilators, stimulants, hypnotics or tranquilizers.

Food or drinks are not permitted.

Do not submerge to the bottom.

Failure to follow these rules can result in serious or fatal injury.



STEAM ROOM AND SAUNA

GUIDELINES

Ages 18 and over only.

If you have a history of health problems, you must consult your doctor before using the sauna or steam room.

Please shower before using the sauna or steam room.

The sauna and steam room are for relaxing. Use the sinks or showers to shave.

No newspapers, magazines, books or other paper products are permitted.

Please wear a towel or shorts.

Shoes and clothes (including neoprene or plastic "sweat suits") are not permitted.

Allow a 5 minute cool down period after exercise before entering.

Limit your exposure to 10 minutes per sitting.

Allow a 5 minute cool down period after exiting.

Avoid dehydration and drink plenty of water before entering and after using the sauna and steam room.

