

nampa recreation center

Cardiovascular Area Etiquette

Must be age 12 to use the cardiovascular equipment. Ages 11 & younger must be CLOSELY (right next to) supervised by an adult 18 years or older.

Take advantage of our childcare facilities. If a child must be with you, remember the equipment is mechanical; clothing & fingers get caught easily.

Wear appropriate workout attire. Fully enclosed shoes & shirt required, athletic shoes preferred. No sandals, bathing suits or clothing that does not allow for evaporative cooling.

Use equipment as intended: one person per machine, start/stop using appropriate buttons & maintain a safe speed, etc.

Clean equipment and/or area after use by spraying solution onto paper towel instead of equipment; staff will sanitize touch screens & TV's.

Turn off personal television after use.

Limit use of perfumes & colognes.

Be considerate of others: Use appropriate language & volume, wear headphones for personal music & take phone conversations outside of workout areas.

Keep drinks in a closed, non-glass container. Food/candy/pop allowed in snack area only.

Limit your workout to 30 minutes during peak hours.

No handheld weights on cardio equipment or track. Wrist & ankle weights are not recommended.

For assistance with the equipment or to report safety concerns, talk with the trainer on duty.

Personal training is prohibited, except by Nampa Recreation Center Training Staff, for liability and professional reasons