



**Gatesville Fitness Center
Hours of Operation**

Monday – Thursday: 5am – 10pm

Friday: 5am – 9pm

Saturday: 7am – 6pm

Sunday: 1pm – 6pm

Mission Statement:

The goal of the Gatesville Fitness Center is to promote a holistic approach to life through mental, physical and emotional health. Becoming physically sound will enhance the other qualities of life and create a happier more harmonious community. The fitness center will be a home away from home and will incorporate social well-being. All people will be afforded the opportunity to utilize the amenities provided and will be given guidance before use.

Members will be educated on the importance of living a healthy lifestyle and ways that it can be achieved.

Programs and activities will be provided to patrons for this very purpose.



In part with the Texas Parks and wildlife, the City of Gatesville has completed a fitness center for all residents to utilize. This center will have activities for all ages and fitness levels. The citizens of Gatesville and the surrounding areas will now have the opportunity to enhance their quality of life through a variety of leisure and recreational activities. We, at the city of Gatesville, believe that this will be a great opportunity for everyone that is involved.

Aside from the obvious physical advantages of a healthy workout, the camaraderie that develops among neighbors will bring about many benefits. These benefits will translate into a fresh mental perspective that, in turn, positively impacts the whole community. This endeavor will offer every fitness center member the opportunity for good health and fun recreation in a facility designed specifically for the community of Gatesville.

The recreation and fitness center will house all of the following facilities:

- ~ Indoor Heated Swimming Pool
- ~ Heated Spa
- ~ 2 Regulation Racquetball Courts
- ~ Area for Group Exercise Classes
- ~ Cardiovascular Exercise Equipment
- ~ Precor Selectorized Weight Equipment
- ~ Free Weights
- ~ Shower Rooms with Lockers

General Guidelines for Use of the Facility

1. All children between the ages of 14- 17 must have a liability waiver on file that is signed by a parent. All children must be 14 years of age to use the gym without parental or custodial supervision. All children must be 16 years of age to use the pool and/or hottub without parental or custodial supervision.
2. All members of the center may be required to fill out a Health History form and/or a Physical Activity Readiness Questionnaire (PAR-Q), which will be kept on file. Some members may be asked to submit a physician's release in order to participate in fitness activities.
3. Upon entering the building, all members are required to check in at the front desk before pursuing activities.
4. Pool and Hot tub are for members only. All members must be 16 years of age to use the pool and/or hot tub without parental or custodial supervision.
5. Adult visitors are welcome to accompany any member but will be restricted to observation and waiting areas. If the visitor wishes to participate there will be a guest fee.
6. There will be a dress code enforced. A shirt or tank top, covering the midriff is required for entrance to any area of the facility excluding the pool area. All clothing should be loose fitting, comfortable and good taste. No open toed shoes will be allowed outside of the pool area with the exception of a class that requires you to remove your shoes.
7. No food or drink will be allowed in any workout areas except for drink bottles with a lid.
8. No tobacco, alcohol, or drugs will be allowed on the premises.
9. A replacement fee will be charged to memberships for any broken destroyed property of the fitness center.
10. Gum and glass containers are prohibited in the fitness center.
11. Racquetball courts may be reserved in advance by phone or in person.
12. Lockers are for day use only. Locks should not be left overnight unless a locker rental fee is paid.
13. Only personal aid animals are allowed in the Recreation Center.
14. Vulgar or profane language will not be tolerated. Members and guests will be asked to leave if inappropriate language continues.
15. Persons may be asked to leave the fitness center at any time for dangerous or inappropriate behavior.
16. Valuable items should **NOT** be brought into the Fitness Center.
17. The City of Gatesville and city employees are exempt from all responsibility for lost or stolen property or injuries sustained while participating in any activity related to or inside of the center.
18. Notify a staff member immediately should an accident or injury occur or if you feel faint, dizzy, or sick.

Weight Room Rules

1. Users are required to unload all weights from equipment and re-rack weights when finished with a piece of equipment. Failure to comply could result in suspension from weight room use.
2. Please share exercise machines. Users are asked to allow other members to work in.
3. Please do not sit on equipment if you are not actively using it.
4. Please do not slam or drop your weights when finished with a lift. This compromises the quality of the equipment, disturbs other people, and increases the possibility of injury.
5. Please seek the assistance of a spotter and use weight collars when lifting with free weights.
6. No one under the age of 14 years may use the weight area or on cardiovascular exercise equipment without an adult.
7. Cleaning solution and towels will be provided. Please wipe down the seat and/or cushions of each piece of equipment after use.
8. Absolutely no horseplay or loitering will be tolerated in the weight room. Failure to comply with this rule could result in permanent suspension from weight room use without a refund of payment.
9. Do not lean against mirrors or walls or lean weight plates against mirrors, walls or equipment.
10. Please refrain from loud yelling or grunting while lifting.
11. Closed toe shoes must be worn at all times while in the weight room or on cardiovascular exercise equipment.
12. No blue jeans or clothing with metal snaps etc. will be allowed on weight machines.
13. A 30 minute time limit may be implemented on all aerobic exercise equipment during busy or peak times. (Sign up boards will be available during those times.)

Pool & Spa Rules

1. All patrons must be active members of the Gatesville Fitness Center to enter pool or hot tub.
2. Everyone must shower before entering the pool or hot tub.
3. No profanity or rude gestures.
4. Swimsuits or hemmed shorts required, no thongs or cut-offs.
5. No open wounds or bandages allowed in the water.
6. No diving off the side of the pool.
7. Please be respectful to other swimmers and share the pool.
8. All children younger than 16 years of age **must** be accompanied by an adult.
9. All patrons must register at the front desk before entering pool area.
10. No glass containers in pool area.
11. No running in pool or shower areas.
12. All patrons must obey rules and regulations listed here and on the rules posted in the pool room.
13. No food or drinks are allowed in the pool area.

Racquetball Court Rules

1. Reservations may be made up to seven days in advance.
2. Non-marking shoes and eyewear are mandatory.
3. Equipment may be checked out at the front desk.
4. Courts are limited to a maximum of 4 players at a time.
5. One or both courts may be closed for special classes or other activities without prior notice.
6. Children under 14 years of age must be supervised while on racquetball courts.

Who can join the Fitness Center?

Any person 18 years of age or older may join the center. Children under 18 years old may join with the permission and signature of a parent or guardian, but they will pay the same amount as a single adult. Any child under the age of 14 must be accompanied and under direct supervision by an adult while in the fitness center.

Family memberships will be sold to those families with two or more members. These members must be husbands/wives, and/or dependent children who are 20 years of age or younger. All family members must be living in the same residence as the membership holder. Senior citizens have a special discount offered.

If you have a history of physical or health-related problems, you may be required to submit a physician's statement allowing your participation in exercise at the Gatesville Fitness Center. In the event of an accident or health-related complication where it may be potentially detrimental to your health to return to exercise, we may require you to submit a physician's statement allowing you to return to the program.

Payment Options

Members may pay their fees monthly, quarterly, semi-annually, or annually. Payments may be cash, check, or credit card. An auto pay option is available for a 6 month contract or a 1 year contract. Must provide a credit/debit card for an auto pay contract. There is no initiation or start up fee for any service. Gatesville Fitness Center does not offer any refunds on memberships or passes.

Frequently Asked Questions

Can I bring my child with me to work out?

Any child under the age of 14 must be accompanied and under direct supervision by an adult while in the gym part of the fitness center. Any child under the age of 16 must be accompanied and under direct supervision by an adult while in pool or hot tub. Any child under 6 years or does not know how to swim must have an adult in the pool with them. Any child ages 4-13 can attend Fit Kids class while their guardian exercises. The guardian must be in the facility while their child attends class.

Do you offer any classes?

YES! We have a full schedule of classes that you can attend. All classes are free with membership. These classes cover a wide range of intensity levels and ages.

Do you have a towel service?

No, we do not. Please bring your own towel.

Can I bring a guest?

No, your guest must purchase a pass to use the gym or a membership to use the pool/hot tub.

Can I cancel my auto pay contract?

No, we don't allow members to cancel their contract unless one of the following is met:

- A doctor provides a note stating the member needs to cease exercising.
- A member moves more than 30 miles away and provides proof of address change.

Can I freeze my account?

Yes, we allow members to freeze their account for a variety of reasons. Please speak to the front desk associate if you would like to learn more about this.

Do I have to provide my own racquet for racquetball?

No, we provide equipment to borrow.

If I have a complaint or a suggestion, who do I talk to?

We are always looking for ways that we can improve and create a healthier and safer environment. Please bring your ideas to any staff member.