



TRACK RULES

- Strollers are allowed on the inside lane.
- Walkers please use the inside lane and runners/joggers please use the outside line.
- Children under 12 must be accompanied by an adult at all times on the track.
- Children ages 12-14 must complete a Youth Fitness class before using the track without a parent.
- No objects (including balls) should be thrown from or on the track and no spitting on the track.
- Keep moving while on the track or use corners for stationary work and rest.
- Please contact a Wellness Coach if you have any questions.

We appreciate your cooperation and respect for fellow members as you enjoy the track!