

Fitness Center Information

New Member Orientation - FREE

We invite all new members to take our orientation class. You will learn how to safely use the equipment. These are offered at scheduled times throughout the week. Sign up at the front desk.

Private Orientation

Available if the free new member orientation times do not work for you. These are only \$20 for one person and \$25 for two people. Please pay at the front desk, and a trainer will call you to schedule an appointment time.

Youth Weight Lifting Certification

Youth ages 13-15 must obtain a Youth Weight Lifting Cert before working out in the fitness center to learn proper lifting techniques and equipment usage. The cost is \$15. Please pay at the front desk and a trainer will call you with an appointment time.

OC Fitness Center Rules

- Fitness Center users must check in at the front desk and present a valid membership or pay the daily fee before using the facility.
- Fitness pass privileges may be suspended or revoked for disciplinary reasons or rule infractions.
- The Fitness Center is open to patrons age 16 and older with a valid membership. Nobody under the age of 16 will be allowed to use the Fitness Center, unless they are 14 or 15yrs and have obtained a Youth Weight Lifting Certification.
- It is recommended all Patrons go through a basic orientation for the use of the strength and cardio equipment. Orientations are set up with the fitness center staff. There is a clipboard at the fitness desk to sign up, and a member of our staff will contact you.
- Appropriate attire must be worn at all times. Shirts must cover the torso from mid-stomach to above the chest and contain no offensive wording or graphics. Athletic shoes must be worn at all times. Shorts must provide coverage from the waist to thigh.
- Food, beverage, and smoking are not allowed. Water or sports drinks in an approved container are the only exceptions to this rule.
- Cell phone use is prohibited while working on a machine in which someone is waiting for, and prohibited in the weight room.
- The OC provides cleaner and paper towels for patrons to clean equipment after they have completed their workout. Users must wipe equipment clean after each use.
- Radios are not allowed with the exception of those with personal headsets that do not require they be plugged into an outlet.
- Abuse of equipment, other patrons, and staff will not be tolerated; offenders may lose use of privileges with no refund. Profanity will not be tolerated.
- Do not drop weights or let the weight stack slam.
- There is a 30 minute limit on aerobic equipment during peak hours.
- Be courteous to other participants – rotate equipment during peak times.
- All of our training staff have national training certifications. Safety for our members and guests is our priority, therefore no one other than OC staff are permitted to train, coach, or prescribe exercise to members or non-members with or without payment.
- The Ozark Community Center is not responsible for lost or stolen items.