



Fitness Center Orientation Packet

**Marks Street Senior Recreation Complex
99 E Marks Street
Orlando, FL 32803
407.254.1066 – Office
407.254.1088 – Fax**

Thank you for choosing the Marks Street Senior Recreation Complex.

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OPERATING HOURS
8AM TO 8PM MONDAY- SATURDAY
1PM TO 6PM SUNDAY

- The fitness center is open during normal operating hours.
- All individuals who wish to use the fitness center must obtain an ID badge from the front office.
- Requirements for the ID badge are as follows:
 1. Over 55 years of age
 2. Completed Senior Info Sheet
- \$10 annual fee required for the ID badge
- Individuals must swipe their ID badge at the front office (if office is open) each time they visit the fitness center.
- ID badges are to be worn visibly, at all times. NO EXCEPTIONS.
- Equipment Orientations and Initial Training Orientations are available by appointment. Please call or visit the office for more information.

GUIDELINES AND RULES

For utilizing the Fitness Room and Equipment

**EQUIPMENT IS TO BE USED
AT YOUR OWN RISK!**

1. Fitness training instruction is available upon request. An appointment should be scheduled.
2. Appropriate footwear must be worn at all times.
3. Personal hygiene is a MUST in order to use the fitness equipment.
4. Always stretch and warm up before exercising. (Do simple movements for 2-5 minutes.) Remember to static stretch, NO BOUNCING!
5. Always cool down after your workout. (Use same method as warm up.)
6. When lifting weights or using weight machines, do a resistance that you are able to do at least 6-10 times.
7. Always do a full range of motion. Work the muscle completely!
8. Never do your maximum attempt on your first set.
9. The posters on the wall will be of assistance to you.
10. NEVER DROP OR SLAM THE WEIGHTS!