



**ORANGE COUNTY
RECREATION & FAMILY
FITNESS CENTERS**
IT STARTS IN PARKS

www.OrangeCountyParks.net

Your Centers for Fitness, Good Health & Competition!

FITNESS CENTER

- The fitness center is open during normal operating hours. Monday - Saturday 8am - 8pm; Sunday 1pm - 8pm
- All who wish to use the fitness center must obtain a fitness membership.
- Requirements for membership are as follows:
 1. Completed Registration/ Release form
 2. Completed Physician's Release Form for those 45 and over
- Ages 18 to 54, \$100 annual membership fee, or \$25/90 days.
- Ages 55 and older and/or active military, \$75 annual membership fee.
- Members must swipe their ID badge at the designated reception area each time they use the fitness center.
- ID badges are to be visible, at all times. NO EXCEPTIONS.
- Equipment Orientations and Initial Training Orientations are available by appointment. Please call or visit the reception area for more information.
- T.V. Remotes are available upon request for channel changes through the front desk. Please see staff for assistance. (Headphones/Earbuds required)

ABILITY IS WHAT YOU'RE CAPABLE OF DOING. MOTIVATION DETERMINES WHAT YOU DO. ATTITUDE DETERMINES HOW WELL YOU DO IT.
- LOU HOLTZ

FITNESS ROOM GUIDELINES

- All participants must be current registered fitness center members.
- No one under the age of 18 will be allowed in fitness areas. Teens ages 16 and 17 with a fitness membership, must be accompanied by a registered adult fitness member to be allowed in the fitness areas.

- Members may not cause, allow, or permit any unauthorized person entry into the fitness area. This includes "tailgating" by allowing unauthorized entry or allowing others to use your membership card. Any misuse of privileges may result in suspension or loss of membership.
- Exercise clothes and athletic shoes are recommended.
- All shoes must have non-marking rubber soles.
- A workout towel is recommended.
- Return dumbbells to storage racks.
- Do not bang together or drop weights. Keep weights under control.
- Only County owned exercise equipment is permitted.
- Each piece of equipment must be used properly and as intended.
- Report equipment or safety concerns immediately to center staff.
- Wipe equipment after use. Sanitary wipes are provided.
- Cardio equipment use is limited to 20 minutes when other members are waiting.
- Food and drink (except water), are not permitted.
- Profanity will not be tolerated.
- Cell phone use is not permitted in the Fitness Center.
- As a courtesy, group fitness equipment orientation is available.

Please see center staff for appointment

EQUIPMENT RULES

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 diagrams on the machines will be of assistance to you.
10. **NEVER DROP OR SLAM THE WEIGHTS!**

GYMNASIUM

Rules

- Fitness Members are required to check in (*swipe card*) immediately upon entering facility.
- When not a participant or spectator in an organized league or event, non-members are required to sign in at front desk prior to participating in gymnasium activities open to general public.
- “Member Open Gym” periods are reserved for members only.
- OCPR reserves the right to cancel or organize activities during open gym periods.
- Open gyms are not sport specific.
- Water in a closed / unbreakable container is allowed inside the gymnasium. Any other food, drinks, alcohol or tobacco are **NOT** permitted.
- No gum at any time.
- Open-toed or backless shoes are not considered appropriate footwear. All shoes must have non-marking rubber soles.
- Shirts must be worn at all times.
- Children are not to climb or play on the bleachers.

- Respect others by placing trash in appropriate receptacles and refraining from derogatory comments and language.
- OCPR is not responsible for lost or stolen items. Vandalism or damage to the facility or any equipment is grounds for dismissal and punishable by law.

OPEN GYM

Open gym is a program scheduled at various times to provide members the opportunity to participate in gym related activities. Check each gym calendar for events for specific times. Staff may program any sport to appeal to all users.

Adult Open Gym is reserved for members only. Participants must be 18 years of age, a full member or member for the day in order to participate.

Youth Open Gym is reserved specifically for ages 8-17. This is a free program provided by OCPR. All youth will be given a registration/release form which is to be signed by a parent and kept on file in case of an emergency/incident.



YOUR CENTERS FOR FITNESS, GOOD HEALTH AND COMPETITION!

GET FIT AT ORANGE COUNTY PARKS & REC!



This is your personal invitation to check us out, become a part of something fun and exciting! The five Orange County Orlando Magic Recreation Centers and the gym at Barnett Park each offer exciting programs and activities for pre-schoolers, youth, adults and seniors.

Youth:

- Junior Magic basketball
- volleyball
- afterschool program
- summer camp
- free student membership

Adults:

- fitness classes
- basketball
- volleyball
- Fitness membership

Community:

- meeting space
- game room
- 12,000-sq.-ft. wood floor gymnasium
- locker rooms/showers

• Fitness equipment

- total body ellipticals
- recumbent cycles
- treadmills
- free weights/dumbbells
- and more!

Orange County Recreation Centers/Fitness Centers

BARNETT PARK

4801 W. Colonial Drive,
Orlando, FL 32808
(407) 836-6248

GOLDENROD PARK

4863 N. Goldenrod Road,
Winter Park, FL 32792
(407) 254-9025

MEADOW WOODS PARK

1751 Rhode Island Woods Circle
Orlando, FL 32824
(407) 254-9065

SILVER STAR COMMUNITY PARK

2801 N. Apopka Vineland Rd.,
Orlando, FL 32818
(407) 254-9250

SOUTH ECON COMMUNITY PARK

3850 South Econlockhatchee Trail,
Orlando, FL 32829
(407) 254-9092

WEST ORANGE RECREATION CENTER

309 S. West Crown Point Road,
Winter Garden, FL 34787
(407) 254-9245

4801 W. Colonial Drive, Orlando, FL 32808
407-836-6200 • parks@ocfl.net
www.OrangeCountyParks.net



We embrace the power of diversity. Orange County Parks and Recreation does not discriminate against anyone on the basis of age, race, gender, national origin or disability.
ANY SPECIAL NEEDS PLEASE CALL.

