STROLLERS are allowed on the inside lane.

Walkers please use the inside lane and runners/joggers please use the outside line.

Children under 11 must be accompanied by an adult at all times on the track.

Children ages 11-14 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!