

Apex Centre Fitness Floor Policies

- Children under the age of 13 are not allowed on the fitness floor.
- Children ages 13 years or older are allowed on the fitness floor. Teens, 13–15 years old, may only utilize fitness equipment when accompanied by a parent/ guardian, regardless if the participant has completed the Teen Fitness Orientation. The parent/ guardian must always be in the same vicinity as the teen.
- Please wipe down equipment after each use. You are an active participant in keeping our facility clean. Sanitation wipes are provided.
- Collars are mandatory for all barbell lifts.
- Spotters are required for all heavy lifting in the free weights area.
- Equipment may not be rearranged or removed.
- Equipment orientations are available and encouraged for first-time users. Visit our website, ApexCentre.org/Orientations.
- Do not bang the weights together or drop them on the floor.
- Allow others to work in when doing multiple sets.
- Use of chalk is prohibited.
- Weights must be returned to appropriate racks after each use.
- Do not lean weights against equipment, walls or columns.
- Personal gym bags are not permitted in Fitness Area.
- Food, cups, glass or gum are not allowed. Only water is allowed. Must be a spill-proof container
- Proper attire must be worn at all times. Jeans, belts, clothing with rivets, wallet chains, sandals and open-toed shoes are prohibited.
- Only City of McKinney/ Apex Centre authorized personnel is allowed to conduct personal training in this facility. If members/ outside trainers are caught abusing this policy, they will be asked to leave the facility immediately. Repeated abuse may revoke day pass or membership privileges.
- Limit cardio equipment usage to 30 minutes during peak times.
- Report equipment malfunctions or irregularities to fitness attendants immediately.
- Safe and proper use of equipment is required at all times.
- Use of inappropriate or foul verbal and/ or body language is unacceptable at all times.
- Staff reserves the right to enforce other rules as necessary to ensure the comfort and safety of our guests.

Cycle Studio

- Please remember to put on and take off your cycle footwear on the mats next to the bike.
- Cycle shoes can damage the wood floors.

Indoor Track

- The track length is 1/8 mile.
- Outside lanes are for running, inner lanes are for walking.
- Track direction changes daily. Please observe the correct direction for the day.
- Children under the age of 10 years must be accompanied by a supervising adult 16 years or older.
- Children under the age of 13 years can utilize the corners of the track while accompanied by a supervising adult 16 years or older.
- Non-marking athletic shoes are required for the track.
- Strollers and wheelchairs are allowed for walking / exercise.
- Tobacco, food, chewing gum, glass bottles and cans are prohibited on the track. Water is allowed in a sealed plastic container.
- Please refrain from using mobile devices.
- Weights are prohibited unless supervised by an Apex Personal Training staff member.

