

Fitness Centre Guidelines

The City of Leduc is committed to fostering a safe, respectful, and inclusive environment for all. Everyone has the right to safely attend and participate in City of Leduc programs, services, activities, and events.

Wristbands and Admission

- Designated wristbands must be always worn in proof-of-payment areas.
- Refusal to wear a wristband will result in denial of access to these spaces.
- Wristbands from previous days must be removed before entry.

Supervision Requirements

- In accordance with the facility's Active Supervision policy, children 7 years of age or under cannot be left unsupervised in the Fitness Centre sitting area.
- Youth aged 12–13 may use the Fitness Centre after completing a Teen Fit Orientation and must be supervised by a responsible adult.
- Youth aged 14–15 may access the Fitness Centre independently after completing a Teen Fit Orientation.

Please see our Fitness Desk for a full list of facility guidelines.

Locker Use

- Secure personal belongings. Free wallet and key lockers available.
- Lockers are intended for same-day use only. Any locks left overnight will be removed and discarded. Valuables recovered from lockers will be turned in to Guest Services, and all other items will be placed in the lost and found.

Be Mindful of Equipment Use

- If you are not actively using the machine and are on your phone, please step away and allow others to use the equipment to keep things moving for everyone.

Dress Requirements

- To ensure your safety, always wear appropriate workout footwear.
- Dry, indoor, closed top, athletic shoes are required in the Fitness Centre. No sandals, slippers, Crocs, open-toed/open-heeled shoes, dress shoes, or bare feet permitted.
- Clothing with adequate coverage is required. Clothing must be clean and free of inappropriate graphics or language. Jeans or clothes with grommets are not permitted.

Photography and Privacy

- Photography and video recording is not permitted in washroom or changeroom spaces or where signage is posted restricting these activities.
- Avoid capturing others in photos or videos without their consent.

Conduct and Behaviour

- Please use the pre-soaked wipes provided to clean equipment after each use. Dispensers are located throughout the Fitness Centre.
- Return fitness equipment and accessories to their designated place after use. To avoid damage of equipment, please do not drop weights in the Fitness Centre.
- Abusive language, inappropriate conduct, profane language, and disrespectful or aggressive behaviour are not tolerated.
- Staff reserve the right to ask individuals to leave for such behaviour and may issue a suspension or permanent ban from the facility.
- Patrons using fraudulent or discarded wristbands without paying the required admission may be suspended.
- Only trainers who have entered into a Personal Training Partnership licensing agreement with the City of Leduc will be permitted to offer personal training services at the LRC.