



“R3” USAGE RULES:

- 1. Closed for cleaning every Monday from 0730-1400 and daily ½ an hour before closing time.**
- 2. No one under 18 years old allowed in spa area.**
- 3. Co-ed area, swimsuits required.**
- 4. No shoes or street clothing.**
- 5. This area is monitored by a CCTV camera.**
- 6. Stay out if you have open sores or a contagious illness. This is not the place to “sweat out” your sickness.**
- 7. Shower with soap before entering to remove lotions and oils.**
- 8. No electronics, phones, music players, or headsets allowed.**
- 9. Be quiet, this area is for relaxation, be mindful of others.**
- 10. No Food.**
- 11. No jumping/diving or submerging to the bottom of the whirlpool.**
- 12. No exercising.**
- 13. No shaving or grooming.**
- 14. Dry off before entering locker room or standing on weight scale.**
- 15. Not recommended for people with heart conditions, high blood pressure, or pregnant.**
- 16. Avoid spending more than 10 minutes in this area at one time. Extended periods can cause heat-related illnesses, such as nausea, dizziness or fainting, and even death.**
- 17. Floors are slippery when wet, use caution.**

