

STEAM ROOM

GUIDELINES

Ages 18 and over only.

If you have a history of health problems, you must consult your doctor before using the steam room.

Please shower before using the steam room.

Allow a 5 minute cool down period after exercise before entering.

The steam room is for relaxing. Use the sinks or showers to shave.

No newspapers, magazines, books or other paper products are permitted.

Please wear a towel or shorts.

Shoes and clothes (including neoprene or plastic “sweat suits”) are not permitted.

Limit your exposure to 10 minutes per sitting.

Allow a 5 minute cool down period after exiting.

Avoid dehydration and drink plenty of water before entering and after using the steam room.



SAUNA

GUIDELINES

Ages 18 and over only.

If you have a history of health problems, you must consult your doctor before using the sauna.

Please shower before using the sauna.

Allow a 5 minute cool down period after exercise before entering.

The sauna is for relaxing. Use the sinks or showers to shave.

No newspapers, magazines, books or other paper products are permitted.

Please wear a towel or shorts.

Shoes and clothes (including neoprene or plastic "sweat suits") are not permitted.

Limit your exposure to 10 minutes per sitting.

Allow a 5 minute cool down period after exiting.

Avoid dehydration and drink plenty of water before entering and after using the sauna.

