

# 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.
- A towel, swimsuit or shorts must be worn. No shoes or plastic “sweat suits” permitted.
- Allow a 5 minute cool down period before entering and after exiting.
- The steam room is for relaxing. Use the sinks or showers to shave.
- No newspapers, magazines, books or other paper products are permitted.
- Limit your exposure to 10 minutes per sitting.
- Avoid dehydration and drink plenty of water before entering and after using the steam room.

## OPEN TIMES

Monday-Thursday	5:00am-8:00pm
Friday	5:00am-7:00pm
Saturday	7:00am-4:00pm
Sunday	1:00pm-4:00pm



# 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.
- A towel, swimsuit or shorts must be worn. No shoes or plastic “sweat suits” permitted.
- DO NOT POUR WATER into the sauna heater.
- Allow a 5 minute cool down period before entering and after exiting.
- The sauna is for relaxing. Use the sinks or showers to shave.
- No newspapers, magazines, books or other paper products are permitted.
- Limit your exposure to 10 minutes per sitting.
- Avoid dehydration and drink plenty of water before entering and after using the sauna.

## OPEN TIMES

Monday-Thursday	5:00am-8:00pm
Friday	5:00am-7:00pm
Saturday	7:00am-4:00pm
Sunday	1:00pm-4:00pm

