



Vandalia Recreation Center

Drop-In Fitness Rules

1. DIF class participants must be 15 years or older.
2. The Fitness Studio doors must be closed during all DIF classes.
3. All equipment must be properly stored at the end of each class. Lights and fans must be turned off.
4. Participation is on a first come-first serve basis.
5. DIF classes must have two patrons present in order for a class to be held.
6. Participants receive a numbered ticket upon check-in at the Front Desk; this ticket must be presented upon entry into the class. Tickets will not be issued more than 2 hours prior to the class start time, with the exception of Annual Unlimited Pass holder.
7. Participants who do not have a membership to the VRC are not permitted to enter the facility until 15 minutes prior to the start time of the fitness class.
8. Safe and proper workout attire is required.
 - Land classes: Shirt and shorts/pants required. Proper footwear required for certain classes. See instructor for options. Shoes that mark the floor are prohibited.
 - Water classes: All participants must wear acceptable swim attire which includes traditional swim trunks, board shorts, one or two-piece swim suit, rash guards and wet suits. Water shoes are permitted.
9. Water fitness classes:
 - Patrons are only permitted in the water when lifeguards are on duty.
 - Participants must remain in the lap lane area unless an additional guard is posted or the participant is exiting the pool.
 - Use of the Vortex and area between both sets of middle stairs is limited to 15 minutes prior to the class start time and 15 minutes after the conclusion of class. At this time an additional Lifeguard will be posted.