

Weight Room Dress Code

1. Please wear appropriate work out clothing — No jeans, or pants with buckles, snaps, etc. These can cause damage to vinyl seats.
2. Please wear appropriate athletic shoes — no sandals, flip flops or boots.
3. Please do not wear muddy shoes on the equipment. Please change your shoes before working out. The mud gets into the working parts of treadmills and other equipment and causes damage.
4. Shirts are required at all times.

The Vista Grande weight room is a multigenerational facility that is shared with the East Mountain High School. The high school uses the weight room and aerobic room for P.E. classes and for conditioning for their sports teams. When possible, we will post the times that they will be using the facility, as it can get crowded.

This unique relationship was the vision of many people and involved creative funding and planning between various entities. This effort has made it possible for all of us to share this wonderful facility.

Weight Room Fees

Adult (18-49)	20 visits @ \$25
High School Students: Grade 9-12	15 visits @ \$10
Seniors (50+)	No Charge
Veterans	No Charge
City, County, EMHS staff & Village of Tijeras Employees	No Charge
Day Pass	1 Visit @ \$2

(Free members/students must show proof of eligibility.)

Classes are additional.

Please contact individual instructors for fees.

Gift Certificates Available

- All members are required to fill out the registration form before beginning to use the weight room.
- Members work out at their own risk and we strongly recommend that you get a doctor's authorization before using the weight room.
- Members are required to sign in at the front desk prior to your workout. This will require you to set up your driver's license to scan as you enter. You may purchase an ID card for \$5 if you do not want to use your license.
- It is important that everyone sign in in case of an emergency in the building.

VISTA GRANDE COMMUNITY

Weight Room



Weight Room Hours

Monday, Wednesday, and Friday
8 a.m. to 8 p.m.

Tuesday and Thursday
7 a.m. to 8 p.m.

Saturday
10 a.m. to 6:p.m

Sunday
8 a.m. to Noon

No. 15 La Madera Road
Sandia Park, NM 87047

Phone: 505-468-7500

Fax: 505-462-9727

Website: www.bernco.gov/vgcc



BERNALILLO COUNTY 

WE'RE MORE THAN YOU THINK

WEIGHT ROOM RULES

www.bernco.gov/vgcc



Bikes

We ask that all members help us in making everyone's experience a pleasant one.



Cardio

Please be courteous to everyone in the weight room and follow the rules.



Weights



Views

Thank you.

In order to provide a safe, clean and enjoyable environment for all members, it is necessary for us to provide rules and to make sure they are followed.

1. Please scan your ID before working out. You must enter through the front door to scan your ID.
2. Food and beverages other than water are not allowed in Weight Room and Aerobic room.
3. Inappropriate or abusive language is not permitted.
4. Abuse or misuse of county equipment is unacceptable. Violators will be held responsible.
5. Do not slam or drop weights.
6. Please rack all equipment where it belongs. The heavier weights need to be put back under the rack. Most people can't move them and they become a tripping hazard.
7. If people are waiting to use the cardio equipment you must limit your time on the equipment to 30 minutes.
8. Do not leave personal items (gym bags, jackets, purses etc.) lying around on the gym floor.
9. Do not leave items in lockers overnight. Do not leave locks on lockers. They are for daily visit use only.
11. Spotters must be used on equipment that requires them.
12. No spitting in the water fountain.
13. We have limited use of the high school visitor locker room only. Locker room is not available during high school games. No shower use.
14. No grunting, yelling, screaming or other loud sounds that could be mistaken for needing assistance or disrupting.
15. Do not set weights or other objects on upholstery seats and benches. Do not stand on benches.
16. Wipe down all equipment with the cleaners provided after use. Do not bring in your own cleaners. We use specific cleaners that will not damage the equipment and that meet the standards for cleaning the facility.
17. Do not use the cleaners on your body or face.
18. Please report any issues to the staff.
19. Do not hold or reserve equipment by leaving personal items on the machines. If you are not on it, you are not using it.
20. Children are not allowed in the Weight Room.

Thank you for you cooperation.