

To Reserve FLC time and equipment, Please call 205-822-1750. The FLC hours are 10am-9pm, Mon., Tues., and Thurs. and 10am-5pm on Wednesdays. Notice: Hours and FLC availability may change due to Church activities and staff availability. ***We ask that all guests follow the following guidelines:***

General FLC Guidelines:

- The Family Life Center (FLC) is a part of the Ministry of Shades Crest Baptist Church. Those participating in its programs should dress and conduct themselves accordingly.
- Guests 13 years of age and below must be accompanied by an adult (19 years and up) while using the FLC. Groups including those 14 years of age and under must have at least one adult accompanying them.
- All participants in physical programs or activities at the FLC or those using FLC equipment are required to complete a Participation Form before participating.
- No food or drink allowed outside the snack area.
- Shirts and shoes must be worn at all times.
- No running in areas outside of gym.
- The use of obscene language is prohibited in the FLC.
- The use of tobacco and alcohol products is prohibited in the FLC.
- Clothing with alcohol, tobacco advertisements, obscene or suggestive language, or is too revealing is not permitted.
- No pets or animals are allowed in the FLC except for service animals.

Gym/Racquetball Guidelines:

- All gym usage by groups & individuals must be reserved in advance
- All equipment should be returned to front desk when you finish using it or before other equipment is checked out
- Court shoes and shirts are required for play in the gym or racquetball courts.
- No dunking on basketball goals
- No kicking basketballs or throwing against walls
- Only racquetballs allowed in racquetball courts
- Personal Trainers are not allowed to use gym for personal gain
- Do not move bleachers without staff permission

Fitness Center Guidelines:

- You must be 14 years of age or older to use fitness center.
- Only lift what you are comfortable and capable of lifting.
- Clean and store equipment after use (Includes re-racking weights).
- Report any damage or malfunctioning equipment to the front desk personnel.
- Only water in bottles with closing lids is allowed in the fitness center. Food items are not allowed.
- Appropriate clothing must be worn at all times. Shoes that cover the entire foot must be worn (no open toe)

- Television programming will be monitored by front desk personnel. DO NOT turn cable boxes off, only TV monitors.
- The use of the Fitness Center and all equipment will be at the risk of the participant.
- Shades Crest Baptist does not assume liability or responsibility for any participant.
- Shades Crest Baptist does not make any expressed or implied warranty of the premises, the equipment, machinery, fixtures or furniture.
- Due to our philosophy, limited space and equipment, personal trainers will not be allowed to use the fitness center for personal gain.
- Use of the fitness equipment is limited to regular hours of operation.