

FITNESS CENTER RULES

PICK UP AFTER YOURSELF

RETURN towels to front desk, headphones to rack and magazines to rack.

Return weight plates and dumbbells to their designated places. DO NOT leave dumbbells on the floor or weight plates on the bar.

If you move equipment, put it back where it belongs.

Throw your paper towels in the trash.

LOCKERS ARE FOR DAY USE ONLY – LOCK WILL BE CUT IF LEFT ON LOCKER

CLEAN THE MACHINES YOU USE

Members are required to clean each machine after use. Carry a towel and clean each machine with the cleaner provided.

TOWEL SERVICE IS LIMITED TO TWO TOWELS PER PERSON

DON'T DISRUPT CLASSES

Be on time for group fitness classes. It is disruptive to the other participants and the instructor when you arrive late.

PLEASE DO NOT TOUCH THE STEREO OR STAFF COMPUTER

PROPER HYGIENE REQUIRED

Wear clean clothes while working out. Inappropriate body odor is offensive.

Dry, closed-top athletic shoes are required. No dress shoes, boots or sandals are permitted.

PLEASE ASK PERMISSION FOR USE OF PHONE

USE THE EQUIPMENT PROPERLY

Do not sit on equipment between sets.

Do not use weights while on cardio equipment.

Misusing the equipment can result in injury and/or damage to the equipment; follow directions and instructions. Ask for assistance from the fitness staff if you are unfamiliar with equipment.

YOU MUST USE YOUR MEMBERSHIP CARD FOR ADMITTANCE INTO FITNESS CENTER

DO NOT BE OVERLY NOISY

Do not slam, drop, clang or throw dumbbells on the floor when you are finished.

No grunting--It is not necessary and indicates inefficient breathing.

PLEASE BE COURTEOUS TO STAFF AND OTHER MEMBERS WHILE WORKING OUT

NO FOOD OR DRINK (except water) ALLOWED IN WEIGHT AREA

No glass bottles in fitness center.

STAFF NOT RESPONSIBLE FOR PERSONAL BELONGINGS OF MEMBERS

Check lost and found bin if you have left something in fitness center.

MEMBERS MUST EXIT FITNESS CENTER PROMPTLY BEFORE CLOSING TIME

***INDIVIDUALS NOT ADHERING TO THESE POLICIES MAY BE ASKED TO LEAVE.
MANAGEMENT RESERVES THE RIGHT TO REVOKE THE MEMBERSHIP OF
ANYONE WHO VIOLATES THE RULES.***