

Fitness Center Etiquette

(For the safety and courtesy of each and every member)

1. All plates and weights MUST be returned to racks or space allotted immediately after use. Failure to do so will result in being asked to leave the premises for the day.
2. Do NOT drop or throw weights, or let a weight stack on a machine slam down. Not only is this unsafe, but may potentially damage the equipment. Failure to do so will result in being asked to leave the premises for the day.
3. Gym bags are not allowed in the Fitness Center. Shirts and athletic shoes must be worn at all times. Open toed shoes or sandals are not allowed to be worn in the Fitness Center.
4. Please wipe down the equipment after use. There are paper towels and disinfectant available around the Fitness Center. Feel free to bring your own towel from home.
5. Please dispose of trash in the appropriate areas.
6. Absolutely NO foul language will be tolerated at any time.
7. Appropriate attire is requested.
8. Be generous and don't rest on the equipment. Let others work in a set with you.
9. Be patient. Don't interrupt or stare at someone when they are lifting.
10. Be mindful of personal hygiene. Try to avoid heavy perfumes or colognes.
11. If you are unsure of how to use a piece of equipment, please see the Fitness Staff for assistance.