



GYM RULES

BE COURTEOUS TO STAFF AND OTHER MEMBERS WHILE WORKING OUT.

PROPER FOOT WEAR AND GYM ATTIRE MUST BE WORN AT ALL TIMES.

PLEASE DO NOT BRING BAGS INTO THE GYM AREA. USE LOCKERS PROVIDED.

BRING AND USE A TOWEL. WIPE DOWN EQUIPMENT.

OLYMPIC LIFTING ONLY PERMITTED WITH BUMPER PLATES ON THE DESIGNATED THICK RUBBER FLOORING. NO OTHER WEIGHTS ARE ALLOWED TO BE DROPPED OR THROWN.

PLEASE PUT WEIGHTS WHERE THEY BELONG, WITHOUT EXCEPTION.

ENTRY OF GYM AREA AND USE OF GYM EQUIPMENT IS NOT PERMITTED BY MINORS UNDER THE AGE OF 16, UNLESS UNDER DIRECT SUPERVISION OF A QUALIFIED INSTRUCTOR.

KEEP PHONE CONVERSATIONS TO A MINIMUM.

THE MACHINES ARE NOT FOR RESTING AND TEXTING.

PLEASE OBEY CARDIO MACHINE TIME LIMITS.

MEMBERS ARE RESPONSIBLE FOR ANY DAMAGES CAUSED BY IMPROPER USE .

MEMBERS ARE ALLOWED TO USE THE GYM AT THEIR OWN RISK.

INDIVIDUALS NOT ADHERING TO THESE RULES MAY BE ASKED TO LEAVE.

MANAGEMENT RESERVES THE RIGHT TO REVOKE OR CANCEL MEMBERSHIP OF REPEAT OFFENDERS.