



Rules & Regulations

We want to make sure all members who use our facilities respect our equipment and each other, so all members can continue to have a positive experience at our gyms, we trust our members will act respectfully, use their best judgment and be courteous of others while using the facility. We want to make sure all people who use our facilities feel comfortable and safe, and we need each person to do their part to ensure this occurs.

1. **In case of medical emergency, dial 911.**
2. In the case of equipment malfunction, please notify the fitness center management
3. Please use caution when exercising.
4. You must be a member of the gym to enter and use the facility. This is not a gathering area for groups of people or friends, so please only enter the gym if you are a current member and are using the equipment for exercise.
5. You need your key tag to enter the gym. You may not let non-members or people without key tags into the gym.
6. The fitness center offers a non-threatening environment to get healthier. We discourage dropping weights, emotional outbursts, and loud grunting while working out. Please respect others who are trying to exercise.
7. No loud or offensive language or behavior.
8. All personal effects must be kept off workout floor, back packs, etc, should be stored in lockers.
9. There is no ownership of lockers. They are used on a first come, first serve basis. We are not responsible for lost, stolen or damaged personal property.
10. Keep the facilities clean. Please pick up after yourself and discard your trash.
11. Machines should be wiped down after each use. Wipes are provided at different stations throughout the fitness center.
12. When using the gym facilities, it is mandatory to use towels for the equipment.
13. Re-rack weights after each use.
14. You cannot bring your own fitness equipment, unless its approved safety equipment.
15. There is no loitering, drug use, smoking, alcohol use or any illegal activity allowed in the facility.
16. Do not deface or destroy any property within the gym, including walls, floors, equipment, restroom facilities.
17. Proper workout attire is mandatory, ie. Gym shoes and shirts (no street clothes or shoes).
18. We have our own personal trainers. Only approved personal trainers are allowed to train members on site. If you are a member of the gym and an outside trainer, you may not train any members within the fitness center without management approval.
19. If you have been on the cardio equipment longer than 30 minutes and other members are waiting for the machine, please allow other members to use the machine.
20. Do not monopolize the weights/strength training equipment. When doing circuit training you may not reserve all the equipment in your circuit at one time. Share the equipment if people are waiting.
21. Each strength training machine has placards with instructions for use. Please follow these instructions and do not make up your own ways to use the equipment.
22. Rules, regulations and facilities are subject to change without notice.
23. In the case of an emergency within the facility, members and staff are advised to exit the facility in an orderly fashion at the marked exit.

NOTE: Violation of these facility rules may result of loss/suspension or your membership without .