

## **SCHEDULE**

The hours of operation will be posted in the Fitness Center and are subject to change when deemed necessary.

## **SMOKING**

Smoking is not allowed in Fitness Center.

## **TOWELS**

1. Small towels are intended for use while on the gym floor and large towels are intended for shower use.
2. Towels are not to be used to clean shoes, remove make-up, or for cleaning equipment.
3. Towels are not to be removed from the fitness center under any circumstances.
4. All dirty towels are to be placed in the dirty towel bins at the entrance of the locker rooms or appropriate receptacle.

## **WEIGHT TRAINING GYM, CARDIOVASCULAR, AND GROUP EXERCISE AREAS**

Please follow these common rules of etiquette:

1. Please allow other members to “work in.” Do not tie up machines with multiple sets if others wish to use the same equipment.
2. Please limit your cardiovascular workout to 30 minutes if others are waiting.
3. Outside trainers are not allowed.
4. Personal equipment and belongings are not allowed (i.e. gym bags, purses) on the workout floor.
5. Please return your weights and restack your dumbbells after use.
6. Wipe down all equipment after use (club wipes are provided in the cardio, weight, and group exercise areas).
7. Do not drop or throw weights.
8. Please report defective equipment to staff.
9. Return weight machines to their starting positions.
10. Return all borrowed equipment to their designated location.
11. No emotional outburst or excessively loud grunting while working out.
12. Do not bring your own fitness equipment, e.g. weights, etc.
13. No children under the age of 16 years are allowed in the exercise areas and locker rooms.
14. Please do not interrupt or enter the exercise studios when a class is in session.

## **GROUP EXERCISE CLASSES**

Please consult the back of our class schedule for descriptions of classes. Class rules are designed to ensure safety and etiquette in the studio. They are as follows:

1. Always follow the instructor, do not attempt your own routine.
2. Be considerate of the adjacent member's space.
3. All equipment (steps, weights, bands) must be returned to the proper storage area.
4. Wipe down all equipment after use.
5. Arrive on time; if you are late, please enter quickly and quietly.

## **ATTIRE**

Wear proper exercise attire at all times. Failure to do so is a violation of club policy. The dress code is as follow:

1. No jeans, khakis, trousers, belts, or buckles; only fitness pants or shorts, are permitted.
2. No dress shirts, ties, dress jackets, or blazers; only breathable, non-revealing fitness tops or tees are permitted.
3. No dress shoes, bare feet, or sandals; only rubber-soled, close-toed footwear permitted on the fitness floor.

## **FOOD AND BEVERAGES**

Consumption of food or any beverage other than water or sport drinks is prohibited throughout the center.

## **CELLULAR PHONES**

Talking on cellular phones while in the fitness center is prohibited. Cellular phones may be used in conjunction with headphones to listen to personal music while on the gym floor.

## **COURTESY**

Members and their guests are encouraged to conduct themselves appropriately while in Fitness Center and to avoid extended use of any one piece of equipment while others are waiting.

## **DAMAGES**

Any member or guest who intentionally damages any property of Fitness Center will be held financially responsible for the damage.

