

**WOODLAND HILLS, CA**

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**WHCC**  
**FITNESS CENTER**  
**& GROUP EXERCISE**  
**RULES**



# WHCC FITNESS CENTER & GROUP EXERCISE RULES

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

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Please follow these common rules of etiquette:

1. All members and guests use the Fitness Center and Group Exercise Areas at their own risk.
2. Please allow other members to “work in.” Do not tie up machines with multiple sets if others wish to use the same equipment.
3. Please limit your cardiovascular workout to 30 minutes if others are waiting.
4. Trainers not associated with the Club are not allowed.
5. Personal equipment and belongings are not allowed (i.e. gym bags, purses) on the workout floor.
6. Please return your weights and restack your dumbbells after use.
7. Wipe down all equipment after use (disinfecting wipes are provided in the cardio and weight area).
8. Do not drop or throw weights.
9. Please report defective equipment to staff.
10. Return weight machines to their starting positions.
11. Return all borrowed equipment to their designated location.
12. Emotional outburst or excessively loud grunting while working out are prohibited.
13. Do not bring your own fitness equipment into the fitness center, e.g. weights, etc.
14. Children must be 16 years, or older, to be allowed in the exercise areas and/or locker rooms.

## GROUP EXERCISE CLASSES

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Class rules are designed to ensure safety and etiquette in the Group Exercise Areas. They are as follows:

1. Please do not interrupt or enter the Group Exercise Areas when a class is in session.
2. Always follow the instructor, do not attempt your own routine.
3. Be considerate of the adjacent member's space.
4. All equipment (steps, weights, bands) must be returned to the proper storage area.
5. Wipe down all equipment after use (disinfecting wipes are provided in the Group Exercise Area).
6. Arrive on time; if you are late, please enter quickly and quietly.

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## TOWELS

1. Small gym towels are intended for use while on the gym floor and large bath towels are intended for shower use.
2. Towels are not to be used to clean shoes, remove make-up, or for cleaning gym equipment.
3. Towels are not to be removed from the Club 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.

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## ATTIRE

Wear proper exercise attire at all times. The dress code is as follow:

1. Jeans, denim, khakis, trousers, belts, or buckles are not permitted; only fitness pants or shorts, are permitted.
2. Dress shirts, ties, dress jackets, or blazers are not permitted; only breathable, non-revealing fitness tops or tees are permitted.
3. Dress shoes, bare feet, or sandals are not permitted; only rubber-soled, close-toed footwear permitted on the fitness floor.

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## FOOD AND BEVERAGES

Consumption of food or any beverage other than water or sport drinks is prohibited throughout the Fitness Center and Group Exercise Areas.

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## CELLULAR PHONES

Talking on cellular phones while in the Fitness Center or the Group Exercise Area is prohibited. Cellular phones may be used to text or email and in conjunction with headphones to listen to personal music while on the gym floor.

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## 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.

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## DAMAGES

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