

WEIGHT GYM & STRENGTH TRAINING

GYM RULES

For everyone's safety and enjoyment, all members and guests are asked to follow these rules while using the facility.

1. Clean equipment with the spray bottles provided after each use.
2. Use a spotter whenever needed.
3. Return all weights and equipment to their racks.
4. Wear proper closed-toe athletic footwear at all times.
5. No outside food in the gym.
6. Lock valuables in a locker. We are not responsible for lost or stolen articles.
7. Respect other members' personal space.
8. Keep your music to yourself — please use headphones.
9. Anyone found defacing or damaging the gym is subject to disciplinary action and will be held financially responsible.
10. If the gym is in need of cleaning, please notify a staff member.

Thank you for helping us keep the gym clean, safe, and welcoming for everyone.