



Fitness Centre Etiquette

- CLEAN UP AFTER YOURSELF - REPLACE AND WIPE DOWN EQUIPMENT WHEN DONE. SPRAY TOWEL NOT MACHINES.
- REPORT ALL ACCIDENTS, INJURIES AND EQUIPMENT FAILURE TO STAFF
- NO FOOD, CHEWING GUM, CLASS BOTTLES OR CANS ALLOWED
- NO HORSEPLAY, LOUD, OFFENSIVE LANGUAGE, AND SPITTING
- PROPER FITNESS ATTIRE IS REQUIRED. NO BOOTS, SANDALS OR BARE FEET
- SHARE EQUIPMENT- USE ONLY ONE PIECE OF EQUIPMENT AT A TIME
- DO NOT LEAN ON EQUIPMENT. KEEP HANDS AWAY FROM MOVING PARTS
- BE SAFE- USE PROPER TECHNIQUE AND KNOW YOUR BODY'S LIMITS
 - WHEN IN DOUBT, SEEK PROPER INSTRUCTION
- CONSULT A DR. BEFORE BEGINNING AN EXERCISE PROGRAM
- USE COLLARS ON BARBELLS AND PROPERLY USE SAFETY PINS ON MACHINES
- USE EQUIPMENT FOR ITS INTENDED USE- DO NOT MODIFY THE EQUIPMENT
- USE SPOTTERS AND SAFETY RACKS
- LOAD AND UNLOAD FREE WEIGHTS EVENLY AND CAREFULLY
- BUMPER PLATES MAY BE DROPPED ONLY ON PLATFORMS WITH CONTROL