

# ETIQUETTE & RULES

1

Put your weights **BACK** on the rack!



2

**SPOTTERS** are recommended when lifting free weights!

3

**DON'T BE TRASHY!**

Please don't leave trash on the floor!

4

No **CHALK** or **GYM BAGS** on the floor!

5

Please be **RESPECTFUL** of others in the gym!  
Don't be too loud, vulgar, gross or rude!



6

Get **OFF** the **PHONE!**

No **CELL PHONES** while using the equipment!

7

**clean up** after **YOURSELF!**

Please **wipe down** the equipment when done!

8

Treat your **equipment** with **RESPECT!**

**DO NOT slam** the equipment when you are done!

9

No **SHOES**, NO **SERVICE!**

Please don't wear work boots, flip flops or sandals on the workout floor!

10

No **PHOTOS** or **VIDEOTAPING** allowed!

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