



AIRPORT HEALTH CLUB

Weight Room Etiquette

In order to keep our workout areas safe and enjoyable for all members we would like to share some rules on etiquette.

1. Please re-rack your weights.
2. Please do not drop the weights or handles, as they will damage the floor.
3. For your safety full covered shoes are required—no open toes or backs.
4. Shirts are required at all times.
5. After using the equipment please wipe it down for the next user.
6. Weight belts damage our upholstery on the weight benches. Please use with care.
7. Chalk is not permitted in the weight room; we suggest gloves.
8. No food, chewing gum, drinks other than water, in the exercise areas.
9. No cell phones are permitted in the workout areas, except as a personal music device with headphones.
10. Children 11 and under are not allowed in the workout areas.
11. Children 12 and 13 may use the equipment as long as a parent is on the adjacent machine working out with them.
12. Children 14 and 15 may use the equipment as long as a parent is in the club.
13. Ask for assistance when using free weights, it is important to have a spotter.
14. If you are using equipment for more than one set, please let others work in if they are waiting.
15. Please refrain from wearing perfume or scented products while working out, as others may have allergies.
16. There are sign-up sheets for the cardio equipment to ensure you get your turn. There is a 30-minute maximum on each piece of equipment; you are welcome to stay on longer as long as nobody is waiting.
17. Please pick up your cups, put papers and magazines back and deposit towels in the towel drops.
18. If there is a sporting event on the TV and you would like the station changed simply ask a Manager on Duty, Service Desk or Member Services staff person and they would be glad to change it if possible.
19. If you notice a piece of equipment broken please let a staff person know so we can fix it as soon as possible.

Thank you for helping us make our club enjoyable for all!