



# **WEIGHT ROOM ETIQUETTE**

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**TO KEEP OUR WORKOUT AREAS SAFE AND ENJOYABLE FOR ALL MEMBERS WE WOULD LIKE TO SHARE SOME RULES ON ETIQUETTE.**

- Please take elongated phone calls in the lobby, hallway, or outside.
- Be mindful of time spent on equipment, let other members work in if applicable.
- Minimize texting and phone use while on machines.
- Walking away from a machine tells others you are done and it is free to use.
- Re-rack all weights; do not leave plates on the floor.
- Please do not drop the weights or handles, as they will damage the floor.
- For your safety, full covered shoes are required—no open toes or backs.
- Please wipe down equipment after use for the next member.
- Chalk is not permitted in the weight room; we suggest gloves.
- NO FOOD, chewing gum, drinks other than water, in the exercise areas.
- Music must be played through personal headphones.
- Children 11 and under are not allowed in the workout areas.
- Children 12 and 13 may use the equipment if a parent is on the adjacent machine working out with them.
- Children 14 and 15 may use the equipment if a parent is in the club.
- Ask for assistance when using free weights, it is important to have a spotter.
- Please refrain from wearing perfume or scented products while working out, as others may have allergies.
- Please pick up your cups and deposit towels in the towel drops.
- 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.
- Please report damaged or faulty equipment to staff immediately.
- Be respectful of other member's space and privacy.

**THANK YOU FOR HELPING US MAKE OUR CLUB ENJOYABLE FOR ALL!**