

GYM RULES / PROCEDURES*

1. Sign-in required to use the gym. Sign-in on the ground floor at the guard desk.
2. Children under the age of 12 are not permitted to use gym equipment or play in the gym.
3. YOU MUST SANITIZE THE FITNESS EQUIPMENT UPON THE COMPLETION OF YOUR WORKOUT! - IT'S ALSO SUGGESTED YOU SANITIZE THE EQUIPMENT PRIOR TO USE FOR YOUR OWN SAFETY! Antibacterial spray and paper towels or wipes supplied.
4. Users are solely responsible for accident or injury while utilizing the fitness equipment.
5. In the event of an emergency, please dial "911", and alert a security guard.
6. Please maintain social distancing while using the fitness equipment if possible.
7. No Food or Beverages (except water) are permitted.
8. No audio allowed on cellphones, tablets or other personal devices. Please use headsets/earphones on all personal devices.
9. Please be respectful of others who may be watching the TV in the gym before changing the channel.
10. Wearing gym gloves or protective gloves are recommended.
11. Do not remove any equipment from the gym such as dumbbells, yoga mats, exercise balls, etc.
12. Please be respectful of your time on all equipment if there are others waiting to utilize the strength machines, treadmill, bikes, elliptical, free weights, etc. Resting for a minute or two between sets is often necessary;

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however, do not recover or sit on a machine if someone else is waiting to use the equipment.

13. Do allow others to work-in with you when between sets or cross training.
14. Return all equipment and accessories to their proper location.
15. Re-rack dumbbells in their proper order.
16. Do not drop or slam dumbbells or weights on the floor.
17. Do not use equipment as your coat rack.
18. Failure to comply with the rules may result in loss of gym privileges, or the board may find it necessary to restrict the use of this facility.
19. You must acknowledge and sign receipt of these rules in order to use the gym. A copy of your acknowledgement of these rules will remain on file.

Name (Print) _____

Sign _____

Unit _____

Phone _____

Date _____

* Gym Rules / Procedures subject to change.