



# FITNESS CENTER RULES

- ❖ Proper exercise attire must be worn
  - No jeans, khakis or slacks; athletic apparel is encouraged
  - Athletic shoes must be worn; no flats, heels or work boots
  - Use of treadmills and elliptical is permitted on break provided member wears appropriate footwear
  - Make sure shoes are free of dirt, sand and debris prior to use in fitness center
  
- ❖ Please wipe down all equipment after use.
  
- ❖ Do not drop weights on the floor. If you have to drop the weights, they are too heavy.
  
- ❖ Except for capped plastic water containers, eating or drinking is prohibited. Please dispose of all trash in the proper bins.
  
- ❖ Slow down, clear and reset the cardio machines for the next member.
  
- ❖ Keep all cardio workouts under 30 minutes maximum if others are present and waiting for machine.
  
- ❖ Clean up after yourself – including the locker room area.
  
- ❖ Turn off lights, fans and televisions if you are the last person out of the fitness center.
  
- ❖ Be courteous and respectful of those around you and mindful of distractions.