

Fitness Center Etiquette

Avoid cell phone usage while using equipment.

Work-in with others between sets.

Be considerate. Please do not claim a space as "your own".

Be kind and share the weights.

Set your weights down gently.

Please rack your weights properly.

Return all equipment to its place and wipe down the space after use.

Keep your shoes on - we don't want you to hurt your toes!

Please use headphones when listening to music.

Let's practice good hygiene and wipe down machines after use.

