

# **CLUB ETIQUETTE**

# PERSONAL ITEMS BELONG IN LOCKERS! •

- Personal items limit circulation and are potential hazards.
- There is not enough space on the gym floor or in class studios.



### SHARE EQUIPMENT

- If another person is using equipment that you have your eye on, please feel free to say, "Mind if I work in with you?"
- We suggest a 30-minute time limit on cardio equipment if other members are waiting.

# **SAFETY WITH WEIGHTS**

- Return weights to their designated spot on the rack.
- For safety we recommend closed toed shoes must be worn on the gym floor to protect your feet from heavy weights. The club will not be liable.



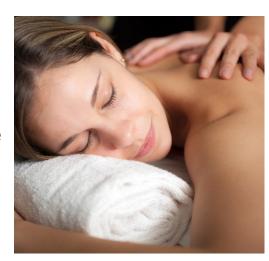
#### KEEP THE LOCKER ROOM PEACEFUL

- Conserve water by showering only long enough for sweat removal.
- Remove all your shower supplies and hair from drain.
- Wipe hair from the vanity with a paper towel and discard, not into the towel or on to the floor.



- Share the mirror or hair dryer.
- Close and lock your locker when you leave and remember combination.

- Use no more than one shower towel.
  Once you're done with your towel, please place it in the laundry receptacle.
- Do not leave your belongings overnight.
- Rental lockers available.



# **KEEP YOUR DNA TO YOURSELF**

• Use tools we provide to sanitize equipment before and after use.

#### **COMMON SCENTS**

In consideration of those with scent allergies, avoid using perfumes or other scented products when in the club.

# **MOBILE PHONE USE - VOICES CARRY!**

- Don't have personal conversations move to lobby or outside.
- Mobile phone use for conversation is not allowed in any communal area of the club.
- If you are expecting an important call, set the ringer to vibrate.
- If you must take a call, please step outside or into a private area to do so.

# RESPECT FELLOW CLASS PARTICIPANTS

- Registration is required.
- Arrive to class in time to set up. Late arrivals are disruptive to the class.
- Follow the instructor's routines. Making up your own moves is distracting to others.
- Respect other participants' personal space and their view of the mirror.

# **CANCELLATION POLICY**

 Service appointments are subject to 48/24 hour cancellation policy.

#### **NOTIFY CLUB STAFF**

- if you notice any equipment in need of repair;
- if you see supplies that need replenishing.

THANK YOU.