

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.

NOTIFY CLUB STAFF

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

THANK YOU.

- 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.