

Fitness Room Rules

***Safety is always the first priority. Equipment must be used correctly and carefully at all times.**

1. Must be changed into proper gym attire.
2. **Water only**, no food due to potential allergies.
3. Wipe down equipment with cleaner and towels provided after use.
4. **Always put equipment away.**
5. Damage or abuse of equipment will not be tolerated.
6. Spotters must be used for free weight bench press and squat rack.
7. All weight plates must be returned to stands provided.
8. Any damaged equipment must be reported immediately.
9. All equipment must stay in the fitness room.
10. Be respectful, work hard and enjoy the use of the fitness room!