



Code of Conduct

We believe in safety, keeping our facility very clean, maintaining our equipment & as members benefiting from your efforts to be a healthier you. We really appreciate your care taken to support our goals of supplying you with a well kept facility.

1. Wear breathable, soft workout attire.
2. Wear clean athletic, supportive gym shoes. If you have worn them outside we ask you clean the bottoms with our wipes before entering the gym and check for stones in the tread. Dress shoes with heels are not allowed.
3. Wipe down equipment after use with sanitizing wipes.
4. Bring a personal sweat towel to use on the benches and during cardio.
5. Practice good hygiene.
6. It is your responsibility to take of any weights gotten out or racked.
7. Respect others utilizing the equipment. Be reasonable in the time you are occupying a piece of equipment. If someone is waiting for the cardio equipment you are using please limit yourself to 40 Minutes.
8. Anyone under 18 years old must be accompanied by a parent or guardian
9. Sign or Scan in upon entry to the gym as delegated.
10. Return locker key after your workout & items may not be left unless you rent the locker.
11. No drugs or alcohol in the facility or used before coming in.
12. Be respectful if you need to address any issue with non-threatening behavior.
13. Members are not allowed behind the desk.

*Inability to follow posted rules will result in a single warning and a second infraction **will result in a rescinded membership without refund.**

I _____ have read the rules, I understand and will follow.

Date: _____

Contact Number: _____