

WEIGHT ROOM RULES

In order to preserve equipment, prevent injuries and show consideration to others, the following policies have been implemented.

- 1) Shirts and athletic shoes are required. No flip-flops or sandals allowed.
- 2) Be considerate to others. Do not cut in on their routine or interrupt their pace.
- 3) No food or drinks are allowed in the exercise areas.

EQUIPMENT USE

- 1) Read all instructions before operating machines.
- 2) If you are not familiar with the use of weights or weight machines, consult a staff member for help.
- 3) Make sure seats are secured and pins are properly inserted.
- 4) Do not jerk, Bounce, Slam or Drop weights.
- 5) Spotters are recommended when using free weights.
- 6) Collars are recommended when using free weights.
- 7) Do not lean weight plates against walls or equipment.
- 8) Return plates and dumbbells to their racks when done.
- 9) Report defective equipment to staff immediately.

Thank You