

Weight Room Rules

- 1.** Users are required to unload all weights from equipment and re-rack weights when finished with a piece of equipment failure to comply could result in suspension from weight room use.
- 2.** Please share exercise machines.
- 3.** Please do not slam or drop the weights when finished with a lift. This compromises the quality of the equipment, disturbs other people and increases the probability of injury.
- 4.** Please seek the assistance of a spotter and use weight collars when lifting with free weight.
- 5.** No one under the age of 14 years may use the weight area or be on cardiovascular exercise equipment.
- 6.** Cleaning solution and towels will be provided. Please wipe down the cushion and handles of each piece of equipment after use.
- 7.** Absolutely no horseplay or loitering will be tolerated in the weight room. Failure to comply with this rule could result in permanent suspension from weight room use without a refund of payment.
- 8.** Do not lean against mirrors or walls or lean weight plates against mirrors, walls or equipment.
- 9.** Please refrain from loud yelling or grunting while lifting.
- 10.** Closed toe shoes must be worn at all times while in weight room or on cardiovascular exercise equipment.
- 11.** A 30 minute time limit may be implemented on all cardiovascular exercise equipment during busy or peak times. (sign up sheets will be available during those times.)