



WEIGHT ROOM RULES

- **BE RESPECTFUL**
- **WEAR ATHLETIC CLOTHING**
- **WATER AND SPORTS DRINKS ONLY (SEALED CONTAINERS)**
- **USE HEADPHONES — NO SPEAKER PHONE CALLS**
- **USE EQUIPMENT PROPERLY; ASK STAFF IF UNSURE**
- **USE SPOTTERS FOR HEAVY LIFTS**
- **REPORT INJURIES**
- **REPORT BROKEN EQUIPMENT**
- **WIPE DOWN EQUIPMENT AFTER USE**
- **PRACTICE GOOD HYGIENE**
- **NO BAGS ON FLOOR — USE LOCKERS OR COAT HANGERS**
- **ALLOW OTHERS TO “WORK INTO SETS”**
- **RETURN ALL EQUIPEMENT**
- **DON’T DROP WEIGHTS**
- **LIMIT CARDIO TIME TO 30 MINUTES DURING BUSY HOURS**
- **KIDS UNDER 14 MUST BE WITH A PARENT**
- **SEE WEBSITE OR CALL FOR FAMILY TRAINING OPTIONS**

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