

Code of Conduct

- Personal Hygiene- **before** coming to the gym (don't be stinky)
- Wear proper workout attire: clean clothing and closed toe shoes.
- Refrain from using or spraying any strong smelling personal products.
- Respect one another- EVERYONE HERE IS AN EQUAL MEMBER.
- ALL guests must be signed in by an adult member- no exceptions!
- Please be respectful of others while talking: Keep noise levels low and conversation topics tasteful. **Take cell phone calls outside!**
- Hair past shoulder length must be tied back or use swim cap in pools.
- Re-rack weights, put away all equipment and use provided disinfectant wipes to wipe down machines/equipment when you're done using them.
- If someone else is using a machine/bench, ask to work in.
- Don't drop or slam weights or weight stack- for everyone's safety and the longevity of equipment-**dropping weights will not be tolerated.**
- Bullying or aggressive behavior will result in membership termination without refund.