

# FITNESS SUITE RULES OF CONDUCT

YOUR GUIDE TO GETTING THE

BEST FROM THE FITNESS SUITE

**IF YOU DON'T KNOW,  
ASK!**

THE COACHES ARE HERE FOR YOU,  
ASK A QUESTION, GET AN ANSWER

**LEAVE YOUR EGO  
AT THE DOOR**

ALONG WITH YOUR PHONE CALLS,  
BAGS AND PERSONAL BELONGINGS

**IF YOU CAN'T CONTROL IT,  
DON'T LIFT IT**

IF YOU CAN CONTROL THEM ON THE WAY UP, WE  
EXPECT YOU TO CONTROL THEM ON THE WAY DOWN,  
PLEASE DON'T DROP THE WEIGHTS

**KEEP IT CLEAN!**

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NO FOUL LANGUAGE AND  
PLEASE WIPE DOWN THE  
EQUIPMENT AFTER USE

**HOME AWAY FROM HOME**

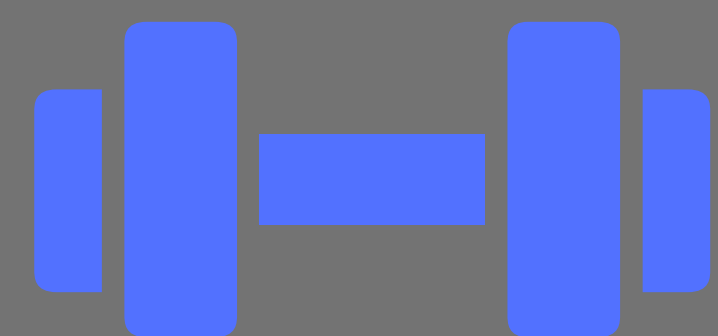
OUR MEMBERS VIEW THE FITNESS SUITE AS THEIR  
OWN AND TREAT IT AS SUCH, WHEN YOU'RE DONE  
WITH EQUIPMENT PUT IT AWAY AND WIPE IT DOWN

**IT'S NOT A FASHION SHOW,  
DRESS FOR THE OCCASSION**

CLOSED TOE ATHLETIC SHOES AND APPROPRIATE  
CLEAN SPORTS ATTIRE TO BE WORN AT ALL TIMES

**BE CONSIDERATE,  
SHARING IS CARING**

AT PEAK TIMES ALLOW OTHER MEMBERS  
TO WORK IN AND LIMIT CARDIO TIME TO  
30 MINUTES PER MACHINE



**SUPPORT EACH OTHER**

WE MAY TRAIN AS INDIVIDUALS BUT COLLECTIVELY  
WE ARE A COMMUNITY WITH A SHARED INTEREST

**KEEP IT SIMPLE!**

TURN UP, PRACTICE TECHNIQUE, TRAIN  
CONSISTENTLY AND AIM FOR  
PROGRESSION