

# GYM RULES

Seek medical consultation and clearance before embarking on any exercise program.

Use proper exercise attire (i.e., rubber/athletic shoes, comfortable workout clothes) whenever in the gym area.

Refrain from bringing valuables to the gym area.

Children and non-member visitors are not allowed in the gym area.

Use of cardiovascular machines and other gym equipment must be under the supervision of the gym's Fitness Instructor.

Use of the gym equipment is on a first-come, first-served basis.

All gym users are expected to wipe the gym equipment after each use.

Use of each cardiovascular machine must be limited to just twenty (20) minutes, particularly during peak hours.

Use of mobile phones in the gym is discouraged.

Courtesy must be observed when operating audio and video equipment.

Personal fitness trainers are not allowed.

Request assistance from the Fitness Center staff whenever necessary.

