

Common Gym Etiquette

- Be aware of all activity around you.
- Wipe off cardio and weight machines after you have finished with them.
- Replace all weights and plates to their proper place.
- Let others work in between sets; share all benches, weights & equipment.
- Pick up after yourself
- Do not drop dumbbells.
- Use safety collars on all barbells.
- No spitting in the water fountain.
- Please respect other member's property.
- No horseplay.
- Remember that this is a shared facility - please watch your language and avoid grunting and yelling.
- For privacy reasons and for basic respect, no cell phone use in the change rooms or in the fitness areas.
- No food or drink except water. No glass bottles.
- Be aware of personal body odours and scents. Nobody wants to be "that" person!

- Be courteous to others and recognize their right to workout too.