

GYM ETIQUETTE

- **No external speakers are allowed.** Headphones must be worn at all times.
- **Wear appropriate workout attire.** If staff determines your attire inappropriate, you will be asked to change.
 - Shirts should cover full chest, back, sides, and midriff.
 - Closed toe shoes must be worn at all times.
 - Shirts and pants must be worn at all times. Sports bras must be covered. Shorts should be appropriate length.
 - Appropriate undergarments must be worn and covered at all times.
- **Do not slam or drop the weights.** Ask for a spot when needed.
- Please limit your cell phone use to the lobby area and be courteous of other members. Please turn off ringers.
- Profanity is not allowed. This includes clothing and logos.
- No Chalk
- No excessive grunting or yelling.
- Please return all equipment to their proper location after use. Please allow others to work in with you when needed.
- Clean equipment after each use. Report any broken equipment or safety hazards.
- Practice good hygiene. Strong perfume or body odors may disrupt members with health issues.
- The Healthplex is designated a smoke free, alcohol free, and tobacco free environment.
- No food is allowed past the front desk. Water or sports drinks in a non-breakable container is permitted.
- Literature may not be distributed nor any solicitation made on the premises unless approved.
- Photography and videos of individuals without their consent is prohibited.
- Disrespect towards staff, and/or guests will not be tolerated (violence, threats, Profanity, Bullying).
- **Disobedience of Healthplex Policy may result in termination of membership.**