



# GYM RULES

1. **MUST USE LOCKERS IN CHANGEROOMS TO STORE **GYM BAGS** & OUTERWEAR**
2. **REPLACE WEIGHTS AFTER EACH USE**
3. **CLEAN EQUIPMENT AFTER USE**
4. **WEAR **APPROPRIATE ATTIRE**:**
  - a. **NO REVEALING WEAR**
  - b. **NO JEANS, CARGO OR WORK PANTS**
  - c. **NO TORN CLOTHING**
  - d. **NO OUTDOOR SHOES**
  - e. ****CLEAN INDOOR SHOES****
5. **NO STRONG SCENTS OR SPRAYS**
6. **NO CHALK**
7. **NO DROPPING WEIGHTS**
8. **NO WEIGHTS ON BENCHES**
9. **NO OPEN CONTAINERS**
10. **NO FOUL LANGUAGE OR INAPPROPRIATE BEHAVIOUR**

**If you do not follow these rules, staff may ask you to leave the facility.**