

Weight Room Rules

Noncompliance of these rules may lead to discontinuation of membership

- ❑ Wear proper athletic shoes & clothing. Sandals, bare feet, socks-only & jeans are prohibited.
- ❑ No food in the weight room.
- ❑ Make sure drinking bottles have a closeable top.
- ❑ Discard gum in the wastebasket.
- ❑ Ask for assistance if you do not know how to use equipment.
- ❑ Refrain from using loud, foul or slanderous language.
- ❑ Do not remove weights, benches or equipment from their proper place.
- ❑ Always use a spotter when attempting to lift maximum weight.
- ❑ Re-rack weights & return all other accessories to their proper locations.
- ❑ Misuse of equipment may result in immediate expulsion.

Weight Room Etiquette

Good manners make happy club members.

- ❑ Limit perfume & cologne use.
- ❑ Carry a workout towel & wipe off equipment when finished.
- ❑ Be courteous when using the water machine. If there is a line, do not fill up your water bottle.
- ❑ Ask if you may "work in," and always let others work in.
- ❑ When working in with someone, return the seat & weight to the last user's setup.
- ❑ Avoid making loud sounds (banging weight, yelling, dropping dumbbells).
- ❑ Don't sit on machines when you're between sets.
- ❑ Be patient when waiting for equipment, and be efficient when using equipment while others are waiting for you.
- ❑ Be aware of others around you. Don't stand in front of the weight rack while lifting; you may be blocking others from getting to the weights.



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