

# WELCOME TO THE FITNESS CENTRE

## SAFETY RULES & ETIQUETTE

- Place personal belongings in a locker before using the Fitness Centre (Personal locks will be removed at the end of the night).
- This is a family friendly space; inappropriate language is not permitted.
- No loitering or soliciting in the Fitness Centre.
- Youth age 12-13 require supervision of a responsible adult.
- Wear appropriate workout clothing including shirt and clean indoor running shoes. Please refrain from wearing low-cut or revealing clothing. Jeans or clothes with grommets/buckles are not permitted.
- No food or beverages allowed in the Fitness Centre. We only permit water, in water bottles (no glass containers).
- Out of respect for others who may have allergies or asthma, please refrain from using perfumes and colognes in the Fitness Centre.
- Spray cloths and then wipe equipment touch points after each use. Return spray bottles and soiled towels to designated locations.
- Return fitness equipment to its designated place after use.
- To reduce damage of equipment, do not drop weights in the Fitness Centre.
- Be considerate to all other guests and give equal opportunity to access equipment between sets.
- Do not make or take cell phone calls while working out in Fitness Centre.
- Use headphones to listen to your personal device.
- Recording devices (including cell phones, PDA's and cameras) MUST be turned off in the change rooms and washrooms. Picture taking in these areas is against the LAW.
- Report any equipment issues to Guest Services Staff.

