

GYM RULES

- **Return weights to rack after use.**
- **Sanitize equipment after use.**
- **Use a spotter when lifting.
No exceptions.**
- **Don't drop the weights.**
- **No food or drinks besides bottled water.**
- **Turn off lights and air when leaving.**
- **Appropriate gym dress – includes clean clothing and athletic shoes (no dress shoes, boots or sandals).**
- **No horseplay.**
- **Be considerate of others.**