**The 12 Rules of Etiquette**

1. Do not bring your gym bag or other personal belongings onto the fitness floor.
2. Ask if you may “work in,” and always allow others the same courtesy; afterwards, return the seat and weight to the last user’s setup.
3. Refrain from yelling, using profanity, banging weights and making loud sounds.
4. Do not occupy the machines between sets.
5. Re-rack weights and return all other equipment and accessories to their proper locations.
6. Ask a member of staff to show you how to operate the equipment properly so that others are not waiting as you figure it out.
7. Wipe down all equipment after use.
8. Stick to posted time limits –if there are any- on all cardiovascular machines.
9. Children are not allowed onto the gym floor.
10. Do not disturb others. Focus on your own workout and allow others to do the same.
11. Before beginning your workout, wash your hands and wipe off any cologne or perfume.
12. Cell Phone use is permitted in the lobby or seating areas of the fitness center only; cell phone use is not permitted in the fitness center or locker rooms as it creates a distraction to others using the facility.