**Gym Policies:**

In order to ensure a safe, productive and clean environment, MAGMA Lifestyle & Fitness Center staff asks for your cooperation with the following policies:

1- Proper athletic attire is required at all times. No bare feet or open toe footwear allowed, T-shirts or tank tops are required.  Ladies may not wear sports bras only. No “excessive dress” for weight loss is permitted.

2- Members are encouraged to always integrate warm-up, stretching, and cooling down exercises into their workout program in order to reduce the risk of injury by increasing blood flow and prepping the muscles for the workout they are about to do.

3- Please limit cardio workouts to 30 minutes when others are waiting to use the machines.

4- Please wipe down all machines, mats and benches after use. DO NOT wipe display screens or televisions with sanitizing wipes; this will cause damage to the screens.

5- Please re-rack and return all free weights to their proper location, DO NOT leave weights on bars.

6- Spotters and/or a workout partner are recommended when using free weights.

7- Allow others to "work in" if you are performing more than one set on a machine if others are waiting.  Please vacate machines in between sets.

8- No group workouts -more than 3 persons- of any kind are allowed without the explicit approval of the Fitness Manager.