

Gym Rules

(Updated 5-02-17)

- *You must be 19 years-old and a resident or guest to use this gym*
- *Please respect others and ASK if you would like to change the TV station*
- *Always place TV control on the window under the TV when done*
- *CLEAN up your water bottles and any items you bring with you.*
- *Do NOT change the temperature or we will not be able to get a correct reading as to its working capacity*
- *Report any problems of equipment to the office*

Remember, you are on the monitor and can be seen in the office...so SMILE

Gym Rules

(Updated 5-02-17)

- *Residents/guests are expected to wipe down machines after each use (it's suggested to wipe before each use, as well)*
- *Residents have priority over guests*
- *Please limit use on machines to 30 minutes if someone else is waiting*
- *Only two (2) guests allowed per household at any one time*
- *No slamming of weights*
- *No applying feet, hands or any objects against any of the machines for purpose of support or any other activity for which the machine is not intended*
- *As a courtesy to others, no talking on cell phones is permitted if others are present*
- *If you are the last person leaving gym, please **TURN OFF TV, LIGHTS & FANS***