

FITNESS CENTER

CODE OF CONDUCT

The Fitness Center is an un-staffed facility.
Each user is responsible for maintaining the room, its equipment and ambience.

EVERYBODY

- Members and guests must sign in at the front desk.
- Users 16 yrs. and over are welcome.
- Youth 13 - 15 yrs. must be accompanied by an adult.
- Children 12 yrs. and under are not allowed.

KEEP IT CLEAN

- Wipe down equipment before and after use.

HYGIENE & ATTIRE

- Proper workout attire must be worn.
- Clean shoes (no flips flops) must be worn at all times.

EQUIPMENT USE

- Do not drop weights.
- Return weight plates, dumbbells, and functional equipment to its proper location after use.
- Be safe. Misuse of equipment can result in injury and/or damage.
- Report faulty or damaged equipment to management immediately.

BE COURTEOUS

- Limit use of cardio equipment to 30 minutes during busy times.
- Do not make or receive calls. Set cell phone ringers to silent. Use of audio equipment with external speakers is not allowed.
- Give personal space to others.
- Refrain from placing items on the windowsills.
- Use lockers for personal items and valuables.
- Keep doors closed for heating and cooling efficiency.

FOOD & DRINK

- No food or beverages (except water bottles).
- No glass bottles.

GUEST POLICY

- Members must sign-in guests upon arrival.
- Guests must be accompanied by a member.

PERSONAL TRAINERS

- Only MIBC approved trainers are allowed in the Fitness Center.

Failure to adhere to the Code of Conduct will result in disciplinary action and loss of privileges.