

# Fitness Centre Etiquette

**In order to ensure a safe, enjoyable workout for all:**

- Be respectful towards fellow patrons and staff and with equipment.
- Refrain from taking videos and photos unless authorized.
- Wear clean and appropriate athletic attire and closed-toed running shoes.
- Refrain from use of perfumes, colognes and other scented products.
- Respect the time limit for cardio machines when others are waiting.
- Share strength equipment and allow other users to “work in” between sets.
- Sanitize equipment after use and return all items to their proper place.
- Minimize personal noise as this is a shared space.
- Leave valuables at home or use lockers provided at your own risk.

**Thank you for following directions from staff, and reporting any concerns.**

**Complete guidelines are available upon request.**

