



## Etiquette

- Closed toe shoes must be worn at all times. No sandals or flip-flops.
- Appropriate attire must be worn.
- Wipe down “cardio” and weight machines when you are finished using them.
- Allow others to work in on weight machines.
- Re-rack your weights (so others know you are finished with the machine.)
- Children are not allowed in the Wellness Center to watch parents work out.
- Youth ages 12-14 must go through an orientation first before using the Wellness Center.
- You must be at least 12 years of age to use the Wellness Center.
- Any youth must be working out in order to remain in the Wellness Center.
- Abusive language or profanity will not be tolerated.
- Cell phones are not allowed in the wellness center.

*Failure to comply with these policies may result in a loss of your privilege **to use the Wellness Center.***