

EMPLOYEE FITNESS CENTER

ETIQUETTE



1. It's your sweat, wipe it off.
2. If you're strong enough to put weights on, you're strong enough to take them off.
3. There is not a gym fairy to clean up after you.
4. Don't be rude and hog equipment.
5. Keep TV remote where it belongs; it won't work on yours at home.
6. Earthquake-Free Zone: don't drop weights or throw medicine balls on the ground.
7. Yelling/grunting/swearing does not help you lift more.
8. Dress appropriately; this a gym, not a beach.
9. If it's too heavy, don't lift it.
10. Keep gossip for happy hour.