

---

## WALDORF FITNESS CENTER

---

### GYM RULES

1. HEADPHONES MUST BE USED WHEN YOU ARE LISTENING TO YOUR PERSONAL MUSIC. OUTSIDE MUSIC PROJECTED OVER YOUR OWN SPEAKER IS PROHIBITED.
2. PERSONAL TRAINERS NOT EMPLOYED BY WALDORF FITNESS CENTER ARE PROHIBITED FROM TRAINING PEOPLE IN THIS FACILITY. THIS IS FOR THE SAFETY OF ALL, AND REQUIRED BY OUR LIABILITY COVERAGE PROVIDER.
3. TREAT ALL MEMBERS AND STAFF WITH RESPECT AND COURTESY.
4. DO NOT THROW, SLAM OR DROP WEIGHTS.
5. WE PROVIDE A SANITIZER AND PAPER TOWELS FOR YOUR USE. PLEASE CLEAN EQUIPMENT PRIOR TO AND AFTER EACH USE.
6. DURING BUSY TIMES, PLEASE LIMIT USE OF CARDIO EQUIPMENT TO 30 MINUTES PER SESSION.
7. ALLOW OTHERS TO WORK IN WHEN YOU HAVE SEVERAL SETS ON ONE PIECE OF EQUIPMENT.
8. PLEASE RETURN EQUIPMENT TO WHERE IT BELONGS AFTER USE.
9. RE-RACK YOUR WEIGHTS AFTER USE.
10. PLEASE RESPECT THE SPACE OF OTHER MEMBERS.
11. ALL MEMBERS MUST BE DRESSED APPROPRIATELY WHILE USING THE GYM. REMEMBER, THIS IS A FAMILY GYM.
12. FOUL LANGUAGE IS NOT ACCEPTABLE WHILE IN THE GYM. AGAIN, THIS IS A FAMILY GYM.
13. KIDCARE IS A COMPLIMENTARY SERVICE. PLEASE ADHERE TO THE RULES OF KIDCARE.
14. GUESTS OF MEMBERS MUST FOLLOW THE SAME RULES THAT MEMBER'S FOLLOW.
15. BY SIGNING YOUR MEMBERSHIP AGREEMENT UPON JOINING, YOU AGREE TO THESE RULES.
16. MANAGEMENT RESERVES THE RIGHT TO MODIFY OR CHANGE THESE RULES AT ANY TIME.