

CODE OF CONDUCT IN THE GYM

- 1) Workout with a positive attitude and encourage others
- 2) If you have a cold, virus or other contagious illness, please refrain from using the gym until you have been symptom-free for 24 hours or more.
- 3) If you need assistance, please ask one of the Personal Trainers
- 4) Put away all plates, dumbbells and exercise equipment after use
- 5) Wipe down equipment with a clean towel and disinfectant after use. Please do not spray disinfectant directly on equipment, spray disinfectant on towel and wipe down
- 6) Dispose of all trash in the available trash containers
- 7) The radio is set by ABSolute-U-Fitness; feel free to bring personal music and earphones
- 8) Place all towels and washcloths in the basket outside the office door prior to leaving
- 9) Personal Trainers reserve the right to use all equipment as needed when working with a client. Please allow Trainers to work-in when using the same equipment
- 10) *Work hard, train hard and get the results you want*