



MEMBER ETIQUETTE

1. All members and guests must be registered and authorized by the company prior to access
2. All members must be 18 years of age or older, and are responsible to check-in individually
3. Technology use, in any active training areas, will be tolerated only if you are not seen loitering, obstructing, zoning in-or-out, or delaying others in any way while using it; Do not get comfortable, do not sit down, or get cozy; Always be active, or exit the floor immediately
4. No filming, recording, or content capture is authorized wo written consent; When authorized, the member is responsible not to include or inconvenience others, or the company, in any way
5. Do not clutter, block, workout, or train in common aisles, or between existing workout stations;
Items that create a trip or obstacle hazard must be in your space or against the outside wall
6. Do not place your personal equipment on potential use items, such as benches, boxes, seats and/or stations, etc.; Do not use your personal items to hold equipment or spaces at any time, it does not work that way; Keep your personal items in your space or against the outside wall
7. To share the equipment, simply ask to work-in and allow others to do the same when possible
8. Please ensure you are not disrupting an existing workout prior to setting up your routine
9. Limit of use is 2 stations at a time; 3 people or less outside of classrooms; No encampment style set-ups that prevent others from free movement around you, or to equipment and resources
10. Do not drop dumbbells on The Floor; Do not drop kettlebells on The Turf; Do not drop stacks on the cable machines; Do not drop plate-loaded arms and/or collars on fixed machines
11. All 7-ft. plus barbells must remain in The Bar Room, No Exceptions
12. No distracting, or unnecessarily loud noises or actions; No aggressive, or MMA style behaviors on gym floor; All MMA style workouts must be conducted in classrooms only
13. Any dispute that cannot be resolved without escalation needs to be disengaged immediately, and reported to the company for resolution
14. Personal Hygiene:
 - a. Please wash your hands upon entry
 - b. Shirts and Shorts must cover your areolae and buttocks at a minimum
 - c. Use adequate deodorant, and limit perfume or cologne use
15. Return all Equipment to its Original Location and Disinfect After Use