



## MEMBER ETIQUETTE

1. **Access to the facility is strictly prohibited without prior authorization and registration from the company for both members and guests.**
2. Members must be 18 years or older and **check-in individually.**
3. Technology use is allowed in active training areas **as long as it does not obstruct, delay, or inconvenience others. Loitering or occupying training stations while using technology is not allowed.**
4. **No filming, recording, or content capture is allowed** without written consent from the company. Please refrain from including or inconveniencing others while capturing content. The company has exclusive rights to all content captured.
5. Please **do not block or clutter common aisles or workout stations.** Items that create a trip or obstacle hazard must be kept in your space or against the outside wall.
6. **Personal equipment should not be placed on potential use items** such as benches, boxes, seats, or stations. **Do not use your personal items to hold equipment or spaces. Keep your personal items in your space** or against the outside wall.
7. To share equipment, please ask to work in, and allow others to do the same when possible.
8. Please **ensure that you are not disrupting an existing workout** before setting up your routine.
9. The limit of use is **two stations at a time**, and **three people or less outside classrooms.** Encampment-style set-ups that prevent others from free movement around you or to equipment and resources are not allowed.
10. **Dumbbells should not be dropped** on the floor, kettlebells on the turf, stacks on the cable machines, or plate-loaded arms and/or collars on fixed machines.
11. All **7-ft. plus barbells must remain in the Bar Room** without exception.
12. No distracting or unnecessarily loud noises or actions. Public displays of affection beyond the point of friendly, non-intimate, physical engagement is not allowed.
13. No aggressive or MMA-style behaviors are allowed on the gym floor. Disputes must be resolved quickly or disengage at once and report to the company for resolution. **MMA-style workouts must take place in classrooms only.**
14. Personal hygiene is crucial. Please wash your hands upon entry, wear shirts and shorts that cover your areolae and buttocks at a minimum, use adequate deodorant, and limit perfume or cologne use.
15. **Return all equipment to its original location and disinfect after use** to ensure a clean and safe environment for all.