



The Golden Rules and Guidelines

1. **Access and Registration:** All members and guests must be registered and authorized by the company before gaining access. Individual check-in is mandatory.
2. **Age Requirement:** Membership is limited to individuals aged 18 and above, and each member must check in individually.
3. **Technology Etiquette:** In active training areas, technology use is permissible as long as it does not disrupt, obstruct, inconvenience, or delay others. Avoid loitering, zoning, or otherwise gawking at your screen while using your technology. Either remain active while using it or exit the gym floor.
4. **Filming and Content Capture:** Filming, recording, or content capture requires prior written consent from the company. Authorized members must ensure that their actions do not inconvenience others or the company.
5. **Aisle and Workout Station Etiquette:** Maintain clear access aisles and avoid working out between fixed stations; Ground exercise is only permitted on the turf or designated open floor spaces. Items that pose a trip/obstacle hazard must be placed in your designated space or against the outside wall.
6. **Personal Equipment Usage:** Do not place personal items on shared equipment, such as benches, boxes, seats, or stations. Using your personal items to reserve equipment or spaces is not permitted. Keep your personal items within your designated area.
7. **Equipment Sharing:** Be courteous and allow others to work in when possible.
8. **Disruption Avoidance:** Ensure your routine setup does not disrupt ongoing workouts.
9. **Usage Limit:** Limit your use to two stations at a time, with a maximum of three people outside of classrooms. Avoid encampment-style setups and those that restrict free movement for others.
10. **Weight Handling:** Do not drop dumbbells on the floor, kettlebells on the turf, stacks on cable machines, or plate-loaded arms and/or collars on fixed machines. Weight dropping is authorized only for Olympic or Powerlifting-style lifts.
11. **Barbell Storage:** All barbells measuring 7 feet or longer must remain in the designated Bar Room, without exceptions.
12. **Noise and Behavior:** Refrain from causing unnecessary noise or disruptive actions. MMA-style workouts are only allowed in classrooms, not on the gym floor.
13. **Disputes:** Personal disputes should be disengaged and reported to the company for resolution.
14. **Personal Hygiene:** Maintain personal hygiene by washing your hands upon entry. Wear attire that covers at least your areolae and buttocks. Use deodorant and limit the use of perfume or cologne.
15. **Equipment Care:** Return all equipment to its original location and disinfect it after use.

Disclosure: Adherence to these rules and guidelines ensures a safe, secure, and enjoyable environment for all members and guests. We appreciate your cooperation and respect for these rules. Failure to adhere to these rules may result in notices, warnings, suspensions and/or fines.