

Fitness Center Equipment Usage Guidelines

Dear Valued Member,

Welcome to our fitness center! To ensure a safe and enjoyable experience for everyone, we ask that you adhere to the following guidelines while using our equipment:

1. **Always Warm Up:** Please take at least 5-10 minutes to warm up before using any equipment.
2. **Follow Instructions:** Familiarize yourself with the proper use of equipment. If unsure, please ask a staff member for assistance.
3. **Use Equipment as Intended:** Only use equipment for its intended purpose to avoid injury.
4. **Clean Equipment After Use:** Wipe down machines and free weights with disinfectant wipes provided.
5. **Limit Time on Machines:** Be courteous to others and limit your time on cardio machines to 30 minutes during peak hours.
6. **Report Malfunctions:** Notify staff immediately if you notice any malfunctioning equipment.
7. **Replace Weights:** Always return weights to their designated places after use.
8. **Practice Safety:** Use safety clips on barbells and do not attempt to lift weights beyond your capacity.

Thank you for your cooperation! Together, we can create a safe and welcoming environment for all members.

Best Regards,
The Fitness Center Team