

Fitness Center Behavior Expectations

Dear [Member's Name],

Welcome to [Fitness Center Name]! We are excited to have you as a member and want to ensure that everyone has a safe and enjoyable experience. Below are our behavior expectations that we ask all members to adhere to:

1. Respect Others

Please be considerate of other members and staff. Maintain a friendly atmosphere and avoid disruptive behavior.

2. Cleanliness

We ask that you wipe down equipment after use and return all weights and machines to their proper places.

3. Dress Code

Appropriate workout attire is required. Please wear suitable clothing and closed-toe athletic shoes.

4. Time Management

Be mindful of your time on equipment, especially during peak hours. Share machines and space with others.

5. No Food or Drink

Please refrain from bringing food into the workout areas. Water bottles are allowed.

Thank you for your cooperation. Let's work together to create a positive environment for everyone. If you have any questions, feel free to reach out to our staff.

Sincerely,
[Your Name]
[Your Position]
[Fitness Center Name]