

Dear Gym Members,

We are excited to welcome you to our fitness community! To ensure a positive experience for all members, please adhere to the following gym etiquette guidelines:

1. Be Respectful

Always be courteous to fellow gym-goers and staff. A friendly smile or a nod can go a long way.

2. Clean Equipment After Use

Please wipe down equipment with the provided sanitizing wipes after your workout.

3. Return Weights and Equipment

Return all weights and equipment to their designated places after use to keep the gym tidy.

4. Limit Time on Equipment

Please limit your time on machines to 30 minutes during peak hours to allow others a chance to use them.

5. Use Headphones

To ensure a pleasant environment, please use headphones when listening to music or watching videos.

6. Dress Appropriately

Wear suitable gym attire and non-slip shoes to ensure safety and comfort during workouts.

7. Be Mindful of Personal Space

Respect others' personal space while working out. Maintain a safe distance from fellow members.

8. Follow Gym Policies

Adhere to all posted gym rules and policies to maintain a safe and welcoming environment.

Thank you for your cooperation and commitment to our gym community!

Best Regards,

The Gym Management Team