

Dear Valued Members,

We are excited to have you at our health club! To ensure a pleasant experience for everyone, please take a moment to review our etiquette tips:

Health Club Etiquette Tips

- **Wipe Down Equipment:** Please use the provided wipes to clean machines after use.
- **Respect Personal Space:** Maintain appropriate distance, especially in group classes.
- **Be Mindful of Noise:** Keep conversations at a considerate volume and avoid loud music.
- **Re-rack Weights:** Always return weights to their designated places.
- **Limit Phone Use:** Avoid using your phone on the gym floor to keep distractions minimal.
- **Practice Good Hygiene:** Shower before workouts and wear clean workout attire.
- **Be Courteous:** Allow others to work in if you're using a machine for an extended period.

Thank you for being a part of our community and for committing to these guidelines. Let's work together to maintain a positive environment!

Sincerely,
Your Health Club Team