

Dear Gym Members,

We hope this message finds you well! As part of our commitment to maintaining a safe and healthy workout environment, we would like to remind everyone of the proper gym practices that all members should follow:

1. Cleanliness:

- Wipe down equipment after use with provided sanitizers.
- Always return weights and equipment to their designated places.

2. Personal Conduct:

- Be respectful of fellow members by keeping noise to a minimum.
- Limit your time on machines during peak hours to allow others a chance to use them.

3. Attire:

- Wear appropriate gym attire and closed-toe shoes.
- Avoid clothing with inappropriate logos or texts.

4. Safety:

- Notify staff immediately if you observe any unsafe conditions.
- Always use equipment as intended and ask for assistance if unsure.

Thank you for being a valued member of our gym. Your cooperation in following these practices helps create a welcoming environment for everyone.

Sincerely,
The Management Team