

Dear Team,

As we continue our journey towards health and fitness, it is essential to maintain a positive and safe workout environment. Below are some guidelines to ensure we all contribute to a respectful and motivating space:

1. Cleanliness

Please wipe down equipment after use and dispose of any trash in designated bins.

2. Respect Personal Space

3. Noise Level

Keep conversations and music at a reasonable volume to maintain a focused environment.

4. Equipment Availability

Be mindful of time spent on machines and allow others to share equipment as needed.

5. Dress Code

Wear appropriate and comfortable athletic wear to promote a professional atmosphere.

6. Encouragement

Support and motivate your peers, fostering a sense of community.

Thank you for your cooperation in creating a healthy workout environment for everyone.

Sincerely,

[Your Name]
[Your Position]