

# **STAR FITNESS RULES & CLUB ETIQUETTE**

- **Clean machine seats/pads after use with sanitizer provided by the fitness center.**
- **Put weights (plate, dumbbells, etc.) back where they belong when you are finished with them.**
- **Don't misuse equipment.**
- **Don't drop dumbbells or weights.**
- **Be courteous and respectful to others and mindful of your language.**
- **Do not sneak anyone in the facility during or after staff hours. Do not let anyone in the door if their key fob is not working, we will take care of the situation the next business day.**
- **Please recycle empty plastics in black containers.**
- **Throw your garbage away in trash containers.**
- **Use locker room to store personal belongings. Please do not use the table or other areas of the fitness center to place your bags, shirts, etc.**
- **You may place locks on lockers during your workout session; however, please remove locks when you leave the fitness center.**
- **During inclement weather, bring a change of shoes so you do not wear wet/muddy shoes in the fitness areas.**
- **All children 12 and under need to be supervised by their parent/guardian. Please do not allow your small children to play on the equipment or be in the equipment areas without supervision.**