

# Gym Protocols

## Wipe Down Equipment

Please remember to wipe down machines and equipment after use to keep the space clean and hygienic for everyone.

## No Circuits

To ensure smooth access to equipment, please avoid creating circuit-style setups that may block others from using the area.

## Be Mindful of Time

If you're using cardio equipment, please be mindful of others waiting. Limit your time to 30 minutes during busy hours.

## Return Weights and Equipment

After use, please return weights, dumbbells, and other equipment to their proper places to keep the gym organized and safe.

## Personal Space

Be aware of your surroundings and respect others' personal space while using equipment or during stretches.

## No Phone Calls

Please limit phone calls to the lobby area to avoid disturbing other Members.

## No Extended Phone Use on Machines

Please respect shared gym space by using equipment thoughtfully. If you need to use your phone, kindly step off the machine and find a designated area.

