

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.

