

BASIC FITNESS ETIQUETTE

Welcome to the Heritage Highlands Fitness Center. The following are some basic rules of etiquette that can help all of us utilize our center more efficiently and courteously.

WORK IT IN

Your center has only so many machines, and if you go during peak hours, most of them will be occupied. If someone is using a machine you would like to use, ask if you can “work in”. “Working in” is a way for two people to share the same equipment: one person rests while the other does a set. Approach the other person while he or she is resting and politely ask if you can work in. Once the person agrees to let you in, it is a nice gesture to return the weight setting and seat adjustment to what he or she was using once you have finished your set. Hopefully that person will be just as courteous as you.

PICK UP THE PIECES

When you are finished using the equipment, please return it to its appointed place. This includes machine handles, dumbbells, floor mats, weight plates, etc.

LOOK BEFORE YOU LEAP

Before jumping onto a piece of equipment or grabbing a pair of dumbbells, make sure it's free to use. Someone may indeed be using it and may have stepped away to get a drink of water or visit the restroom. Ask others in the immediate area if the equipment is being used. If not, go for it – if so, ask if you can work in.

SHARE AND SHARE ALIKE

Realistically, you can use only one thing at a time, so please don't hoard an entire rack of weights with the intention of using them sometime in the next hour. Please share with others what you aren't using at the moment.

CURTAIN TAIL

There is a 30-minute time limit for all cardio equipment during peak hours. Please heed this stipulation. You would be annoyed if someone was on a treadmill for longer than the allowed time when you wait, so keep that in mind when others are waiting on you.

COLOGNES AND PERFUMES

Some people are allergic and/or very sensitive to smells. Please keep any cologne or perfume usage to a minimum.

WIPING DOWN EQUIPMENT

There are paper towels and spray disinfectant supplied at **four** different locations in the fitness center. Please wipe down all handles and pads after using each piece of equipment.

ETIQUETTE AT-A-GLANCE

1. Share equipment between sets.
2. Return equipment to its proper place.
3. Wipe off equipment after use.
4. Please turn off cell phones or step outside.
5. Speak quietly and keep to a minimum.
6. Minimize cologne and/or perfume use.

**Thank you for your cooperation in helping make our center
a great place to have an enjoyable workout experience.**