Gym Rules

- 1. No dropping Weights or barbells
- 2. Wipe down all equipment after use
- 3. All equipment put away in proper spots after use
- 4. No outdoor shoes
- 5. Do not use heavier weights if you do not have previous experience or a spotter
- 6. Do not misuse any equipment
- 7. Respect all members and facility
- 8. Members 13 to 15 years of age must be supervised