

WELLNESS CENTRE ETIQUETTE

ETIQUETTE

- No obscene and abusive language or behaviour.
- Please use lockers for belongings and bring a lock. Lockers are for day use only. Please remove items and lock after your workout.
- Do not leave coats or large bags out on the floor. Small bags or purses are tolerated if kept out of walkways and a safe distance from moving equipment. Staff will make appropriate judgement call if item is causing a safety issue. We are not responsible for lost or stolen items and we will not hold items behind our desks.
- Photography and video must be pre-approved by Management.
- No Personal training services should be rendered by anyone other than Wellness Centre staff and approved (by Wellness Centre Management) coaches / therapists.
- Spray the towels provided and wipe down equipment after each use.
- Be aware of other members and allow them to work in on equipment between sets. Do not use equipment as a resting post or hanger for personal items.
- At busy times, please limit time on each cardio machine to 25 minutes.
- Return all weights, plates, and other items to their racks or original areas. Bring your student / staff card to borrow items from the fitness counter (see list posted at counter).
- Please do not drop or bang weights; please respect the equipment provided. Ask our staff for assistance and for spotting as required.
- Be sensitive to others and practice good hygiene. Avoid use of strong scents.
- No glass bottles, food, mixing of powdery drinks, bars, etc. Please use cafeteria tables on first floor for snacks and supplement mixing.
- Please listen to personal devices with earphones and not portable speakers. Please ask for permission to play music out loud in closed studios only.
- Do not bring in or use chalk.

DRESS CODE

- Closed toe athletic shoes ONLY. No boots, sandals, bare feet or slippers (barefoot exception: during yoga class or stretching in closed studio).
- Do not wear outdoor footwear into fitness areas; please use lockers provided.
- All shirts must cover mid to lower chest, ribs and midriff. Please refer to posted pictures.
- Do not wear jeans or clothing with metal or plastic that can tear upholstery.

DO'S



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