

## GENERAL RULES



Participants agree to the following rules:

- Participants must report injuries immediately to a manager or staff of Zone 6 Fitness.
- Protecting your vehicle: never leave valuables in plain sight.
- Do not leave valuables at the Smoothie Bar.
- Zone 6 will not be liable for any lost or stolen property.
- Lock all valuables in Zone 6 lockers (you can bring your own lock or purchase a lock at Zone 6).
- No gym bags on the floor.
- Do not slam medicine balls on walls (unless approved by a Personal Trainer).
- No video recording or picture taking allowed of other members/guests.
- No taking photos of people in the locker rooms.
- Zone 6 is not responsible for phones left at our charging dock.
- Re-rack your weights and return equipment to original location.
- No white chalk allowed (clear chalk may be used).
- Members are not allowed to provide training to personal clients at Zone 6 Fitness or operate their own personal training business at Zone 6 Fitness.
- Show respect for the equipment and facility at all times.
- Wipe down all equipment with the provided sanitation wipes after use.
- Do not move or rearrange the equipment and/or exercise machines, unless permitted by staff or a Personal Trainer.
- No horseplay or loud offensive language will be tolerated.
- Use a spotter when lifting heavy weights and do not drop or throw the weights. Keep hands and loose clothes away from weight stacks, cables and pulleys.
- To assure that all participants are able to use the machines, limit use of cardio machines to 30 minutes when others are waiting.