

BACK ^{TO} THE RACK *and* CLEAN THE MACHINE

Help us provide a quicker and safer workout for everyone.



Please put all weights back.

It keeps the gym free of obstacles, burns calories and makes you stronger.



Please clean all cardio equipment & benches.

Cleaning stations have spray bottles, paper towels or equipment wipes.



Please return all weights to the correct place.

All weight trees and pegs are clearly marked for a quick return.



Please return stability balls.

It prevents them from rolling around the workout area.

Your cooperation is appreciated by the staff, as well as, other members who want to complete their workout.