Gym Rules

Office Hours: M-F 9am-3pm

All other days are by appointment: Dana 850.527.0392

**$50 Fine for Failure to Follow These Rules – Double if it happens again**

\*All individuals using the gym **MUST** sign in BEFORE starting their work out

\*ALL machinery, including weights **must be wiped down** with a spray bottle and blue towel

\*All guests must be over 16 years old.

\*Shirt and tennis shoes are required to work out, and must be worn at all times.

\***DO NOT** give anyone access to the gym by sharing your code, and **DO NOT** open the door for anyone.

\*If you invite a friend that is not on your pass account or membership, you must **contact Dana first** (850)527-0392 and make sure they sign a waiver and pay $10 per visit.

\*If you are the last one in the gym, any time of the day, TURN OFF THE LIGHTS and TV’s. Light switches are located in the back room on the left.

\*Do not slam or drop any weights.

By signing below you agree and understand the rules, and acknowledge you have read them all.

Sign: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Office personnel Initial: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_