

# Rules and Etiquette

## AdventHealth Wellness Center

- Bags are not permitted in the fitness areas on the 2nd and 3rd floors. Please use locker rooms for storing personal items.
- Proper workout attire must be worn, including athletic shoes.
- No open-toe shoes are allowed on the gym floor.
- Inappropriate language or behavior will result in removal and/ or membership termination.
- Do not bang or drop weights.
- Return all equipment and accessories to their proper locations.
- Wipe down equipment after use with sanitary wipe or towel.
- Please place used towels in the designated towel returns.
- Please limit time on cardio equipment to 30 minutes if other members are waiting.
- While on the gym floor, keep texting and phone use to a minimum. Use of external speakers for music is prohibited.
- Children under 13 are not allowed on any cardio or strength equipment and must be accompanied by a parent/adult.