

# Rules and Etiquette

## AdventHealth Wellness Center

### Wellness Center Rules

- Bags are not permitted in the fitness areas on the 2nd and 3rd floors. Please use lockers on first or third floor 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 before and after use with gym wipes.
- 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 are not permitted in fitness areas.
- Masks are to be worn in non-fitness areas.
- Please maintain social distancing of 6 feet or greater throughout the facility and while working out.
- Third party personal trainers or coaches require prior approval from Wellness Center management.

### Locker Room Rules

- Please dry off before exiting wet areas.
- Remove locks and personal items after each visit. Locks will be removed after closing.\*
- Long term locker rentals are available, please see the front desk.
- Do not leave valuables in lockers. The Wellness Center and Day Spa is not responsible for lost or stolen items.\*
- Main locker rooms are accessible to children over the age of 8 years when accompanied by a parent/adult.
- Members with children 8 and under are asked to use the Family Locker Rooms.
- Please maintain social distancing, 6 feet or greater, in locker room.
- Please wear masks in non-wet areas.

*\*Applies to 3rd floor lockers as well.*