



# FITNESS ETIQUETTE



- Use only clean, dry shoes on equipment.
- Wear appropriate clothing while exercising.
- Use wipes to thoroughly clean equipment after each use--dispose of wipes in the trash when finished.
- Return weights to their original rack when finished.
- Individuals must be at least 12 and older to use the LifeCare Wellness Center without the supervision of a LifeCare employee and must be a paying member.
- Please turn off all fans and machines and put equipment away before leaving.
- If a machine is not working properly or displaying an alert, please notify staff as soon as possible--IF AFTER HOURS: call 218-463-4787 and leave a voicemail with your concern.
- A fitness membership may be revoked for not following LifeCare's fitness policy and etiquette. A membership may also be revoked for intentionally destroying property or disturbing other fitness members.
- Only LifeCare employees may instruct fitness members on the use of equipment.
- LifeCare is not responsible for personal belongings or personal fitness equipment.