

24 Hour Safety Procedure

- Please wear proper exercise attire.
- Stretch muscles before and after workout to make sure that you are flexible enough to perform desired movements.
- Perform a comprehensive warm up routine to prepare your body for your workout and prevent injury.
- Limit all movements to 75% of max load during non-staffed hours.
- Do not perform new or unfamiliar movements and exercises without staff present.
- Please be considerate of others in the gym and make sure that you have enough room to be safe during your workout.
- Please clean and rerack equipment after use.
- Please make sure that the door is fully closed after entry or exit of the club.
- Have your cell phone on you at all times in case of emergency.
- In case of emergency please refer to EMERGENCY RESPONSE GUIDE.