

# NB FITNESS CLUB

## FACILITY RULES & GYM ETIQUETTE

### GENERAL & SECURITY

- All members are required to check-in at the front desk and must have a current photo on their account.
- All guests are required to show valid photo ID and fill out our guest waiver.
- The back door is exit only. Do not enter through the back door.
- Showers must be completed within 15 minutes of closing time.
- Please exit the facility by the posted closing time to allow our team to get home safely with their planned transportation.
- All members of our community are expected to be courteous and respectful to others at all times.
- Inappropriate, disrespectful, threatening, or offensive behavior, interactions or emails may result in the immediate termination of membership and facility access.
- Please stay home if you are not feeling well.



### TURF

- Turf should be used for sleds, agility work, sprinting, dynamic stretching, and box drills.
- Do not do mat workouts on the turf.
- Please stay in your lane on the turf and be aware of other lane usage.
- Do not drop weights on the turf.
- LCP uses the lower half of the turf during class times.

### GYM FLOOR

- Please re-rack all weights and put away all equipment used.
- Please clean all equipment after use, including wiping down mats and machines.
- Please wear clean sneakers inside the gym while working out, especially during winter months.
- Please be aware of your surroundings and allow others to work in.
- Chalk is not allowed on the gym floor. Liquid chalk is acceptable.
- No cell phone use on the gym floor or while using equipment.
- No tripods on the gym floor.
- No bags are allowed on the gym floor. Storage is available in the locker rooms or in the cubbies by the front door.



### LOCKER ROOMS

- No cell phone use, including Facetime or video calling.
- Headphones should be worn while listening to music.
- Please do not wipe makeup on towels- makeup wipes available for your convenience.
- Do not pour water over heaters in the saunas. They are dry saunas, not steam rooms.



**Questions?  
Ask our staff!**