

ATTENTION MEMBERS

SAUNA WARNING

- Use of room should not exceed 30 minutes. Excessive exposure can be harmful.
- Pregnant women, elderly persons, and persons with heart disease, diabetes, or high or low blood pressure should consult their physicians before using facility.
- Do not use while under the influence of alcohol, anticoagulants, antihistamines, vasoconstrictors, vasodilators, narcotics, or tranquilizers.

SAUNA RULES & ETIQUETTE

The sauna is meant for relaxing, and to get away from the stress of the day. Please follow the guidelines below to ensure a pleasant experience for yourself and others around you.

- Use a towel at all times for hygienic and sanitary purposes.
- Do not pour water or essential oils over the heating unit...it is a dry sauna!
- Do not pour water onto yourself. If you feel too hot, leave the sauna to cool down.
- Do not pour water onto the floor on the benches.
- Do not exercise and stretch inside of the sauna. It is not meant to be used as a warm-up area. We have plenty of fitness equipment for that!
- Do not cut your hair, toenails, or fingernails while in the sauna.
- Do not wear sneakers/shoes inside the sauna. Shower sandals/shoes are okay.
- Cell phone use is prohibited at all times. Leave it in your locker!
- Respect the privacy of others around you.

If you witness anyone violating the rules above, please inform a member of our staff.

NB FITNESS CLUB