

Gym Rules:

1. No shoes allowed on the mats. Barefoot only. Please have on gym appropriate footwear when NOT on the mats. Closed toe shoes must be worn when using fitness equipment and anytime entering the restrooms.
2. No chewing gum on the mats or while taking classes or private lessons.
3. Personal hygiene maintenance is a must. Please come to class clean with toe and finger nails trimmed etc.
4. Minors under the age of 16 are not allowed to use weight equipment without parental or instructor supervision.
5. Please show up to each class 10 minutes early – classes will begin promptly. It is required that students arrive with the necessary equipment and appropriate training attire required. Loaner gear is only available for new students on a limited basis.
6. Please refrain from using vulgar or offensive language in gym.
7. Use of excessive force outside of the gym is unacceptable and will not be tolerated. If you are found using excessive force that is NOT deemed self defense, your membership will be terminated immediately.
8. Bullying and/or unnecessarily aggressive behavior at the gym will NOT be tolerated.
9. Have respect for the gym, your instructor and for your fellow students.
10. Do NOT be disruptive during class. No talking while the trainer is giving instruction and do not leave class without first being excused by the instructor.
11. Students must be approved by instructor in order to take advanced classes.
12. Have fun!