



WEIGHT ROOM GUIDELINES

WELCOME TO THE STRENGTH FLOOR:

A SHARED SPACE FOR BUILDING STRENGTH, RESPECT, AND COMMUNITY!

- Please wear closed-toe athletic shoes at all times. Proper footwear keeps you and others safe.
- Bring only water in a sealed container. Open drinks and food can create spills or damage equipment.
- Please re-rack weights and return accessories after use. A tidy space makes everyone's workout better.
- Wipe down benches, barbells, and handles when you're done. Help keep the space clean and welcoming.
- Kindly store bags and personal items in lockers or cubbies. Clear walkways mean fewer tripping hazards.
- Lift with control and within your ability. If you're unsure, our staff is happy to assist.
- Be considerate of others waiting for equipment. Sharing creates a more inclusive environment.
- Please report any spills or equipment issues to staff.

Together, we keep this space running smoothly.

***Minimum Age Requirement:** Youth ages 13 and older may use the weight room equipment. For the best experience and added support, we recommend that a parent or guardian accompany members ages 13–15.