FITNESS ROOM ETIQUETTE & RULES
EXHIBIT B

General Conduct and Rule Adherence

All members are expected to uphold the rules of the club and the exercise rooms. Please take the time to read all posted signs and familiarize yourself with the equipment instructions and warnings. Following these guidelines ensures a safe and enjoyable environment for everyone. We are not a commercial gym; all members must help self-regulate and maintain our fitness areas.

Sharing Equipment Responsibly

Fitness room equipment is communal property. When using machines or weights, do not monopolize equipment or space. During rest periods between sets, stand up and allow others to "work in" or alternate sets with you, rather than sitting on the machine. If you are using dumbbells, place them on the floor after your set so others can use them during your rest. If you wish to use equipment someone else is currently using, either ask if you can "work in" between their sets or wait until they have finished. This concept is also useful in the Floor Exercise Area.

Do not rest on exercise equipment or store personal belongings on them. Reserving multiple pieces of equipment is discouraged; circuit training is only acceptable when alone. When using cardio equipment, be mindful that others may be waiting—45 minutes is a common maximum time limit. When working out in the Floor Exercise Area be considerate of others when sharing space.

Cleaning and Returning Equipment

When you finish using any equipment, please wipe it down with disinfectants. Spray the cloth, not the machine, to avoid damaging cables or electronics. Clean benches, handles, and any surfaces you touched. Return all equipment to its designated storage area, including weights, dumbbells, benches, mats, resistance bands, cable attachments, barbell plates, and collars. Do not leave equipment out or trigger a scavenger hunt for others. Never take equipment out of the designated workout areas.

Respecting Exercise Areas

Be aware of space requirements at each station and avoid exercising in walkways or in front of the dumbbell rack. If someone is facing the mirror while lifting, do not linger between them and the mirror—they may be checking their form. Keep personal items off equipment and walkways to prevent hazards. Wear clean clothes, use deodorant, and avoid strong scents or perfumes. Perform stretching and floor exercises in the designated area, not in the weight room, to maintain safety and space efficiency. Also, share the space equitably with other members. Keep phone conversations private and away from active workout areas. Do not abuse any of the exercise rooms' infrastructure.

Proper Use of Equipment

Avoid dropping weights and banging weight stacks; lower them in a controlled manner. If you cannot control the weight, reduce the amount you are lifting. Ensure that the pin is fully seated before using weight stack machines. Use equipment as intended to prevent damage. Take care with upholstery and never abuse equipment. Dropped dumbbells should only occur in emergencies, as they can cause injury.

When using cardio equipment, operate it properly and avoid slapping feet on the treadmill. Wipe down these machines after use, but do not spray disinfectants directly onto electronics.

Respectful Interactions

Offer no unsolicited advice unless there is an immediate risk of injury. Others may be performing sport-specific movements or rehabbing an injury. Respect personal workout routines. When someone is wearing headphones, treat it as a "Do Not Disturb" sign. Avoid talking to people mid-set and do not stare. Socialization is important but keep conversations brief and avoid loud or extended discussions in active workout areas. Many members appreciate peace and quiet during their workouts. Limit grunting and loud noises; there is a fine line between exertion and disruption. If you are sick, please stay home to prevent the spread of illness. Angered confrontations are not tolerated! Respectful dialogue is expected. If necessary, seek the General Manager for resolution.

Children in the Fitness Room

Children under 16 must be directly supervised by a responsible adult during exercise. Kids younger than 12 are not permitted in the weight training room. The fitness center is for exercise activities only; all other activities should take place elsewhere.

Shared Amenities and Environment

Do not change TV stations or adjust music/TV volume without the consent of those present. If volume is too high, please lower or turn off the device. Obtain permission before opening windows or turning on fans. If you do open them, close and lock them before leaving. Do not leave doors open for any reason.

Do not remove instructional materials or any exercise equipment from the fitness area. Report any damage, equipment needing repair, or missing equipment to staff promptly.

Use the floor exercise and stretching room exclusively for those activities; do not use the aerobic or strength training rooms for stretching.

If You Witness a Serious Etiquette or Rules Violation

Inform the General Manager. The rules are designed to benefit everyone, and addressing violations helps maintain a positive environment. In summary, Be courteous, Be patient, Know the rules and gym etiquette, Support a friendly, conflict-free environment and Report issues to the General Manager.