



## ACRA GYM RULES

- The gym is reserved for the exclusive use of its members only.
- All users MUST be valid ACRA and, Gym or Fitness members.  
(Consult Membership lists posted in various locations)
- Members are requested not to bring guests into the gym. Users may be subjected to membership verification at any time by Gym Committee members, ACRA board directors, and/or AC Security.
- All members must have personal identification readily available at all times.
- Lights must be on at all times when facilities in use.
- Proper footwear must be worn, especially near weights and when using cardio equipment. Work boots or flip flops are strictly prohibited on the cardio equipment.
- Respect posted time limits on all cardiovascular machines.
- Equipment must not be monopolized when doing supersets or circuits.
- Wipe down equipment when finished.
- All free weights, balls, steps and other training equipment must be properly put away/stacked/stored in its designated location after use.
- Respect others. Refrain from yelling, using profanity, banging weights, etc.
- Use courtesy when turning on/off, changing volume or stations on the radio equipment. Others may be listening, or enjoying the silence.
- No smoking or eating is allowed in any of the three exercise rooms.
- The lockers are for use only while member is present at the gym. Any locks left on lockers in the Men's change room will be cut after two warnings.
- No organized activity may be undertaken without the express consent of the ACRA Gym Committee, the ACRA Fitness Committee and the ACRA board.
- For security and insurance reasons, no outside trainers (except for approved Fitness instructors) are allowed to enter the gym.

The ACRA Gym is run solely by volunteers and exists for the members' benefit. Any breach of the rules listed could result in loss of membership privileges.

Thank you

ACRA Board and ACRA Gym & Fitness Committees