



Kinetic Fitness Center Rules

1. Do not bring your gym bag or other personal belongings onto the fitness floor
2. Refrain from yelling, using profanity, banging weights and making loud sounds
3. Do not sit on machines between sets
4. Re-rack weights and return all other equipment and accessories to their proper locations
5. Ask staff to show you how to operate equipment properly
6. Do not disturb others. Focus on your own workout and allow others to do the same
7. Proper fitness attire is required. No boots, street shoes, sandals or bare feet
8. Do not lean on equipment. Keep your hands away from any moving parts
9. Please report faulty equipment to a staff member immediately
10. Offensive language, disorderly conduct, and/or abuse of staff or patrons will not be tolerated and will result in removal from the facility
11. Please use your personal devices considerately, i.e. cell phones – use headphones

These rules and regulations are subject to change at any time.

Thank you for your cooperation.