



Deer Park Physical Therapy & Sports Conditioning

GYM ETIQUETTE AND RULES

- 1.) Please be respectful of all machines and equipment. Clean your equipment when you are finished and please replace all used items to their proper place.
- 2.) Please be respectful to all fellow members. If someone is using a piece of equipment you would like be patient and move on to another exercise. Also, offensive or inappropriate language is not allowed.
- 3.) Please wear appropriate attire while exercising. Shirts and shoes must be worn at all times, no exceptions.
- 4.) Children under the age of 12 are NOT ALLOWED on any piece of equipment and are not to be in the gym without direct parent supervision.
- 5.) If you wish to bring a guest into the gym they must fill out the appropriate liability waiver and pay a \$5 guest pass fee. This pass grants them unlimited use of the gym for ONE DAY ONLY.
- 6.) If there are any problems in the fitness area they can be reported to the trainer. Serious offenses can be punishable by:
 - a.) removal from gym
 - b.) one month suspension from gym
 - c.) permanent expulsion from gym

*Please keep the gym looking new and clean. We want our equipment and facilities to always be available to members in the best condition possible. We want to provide a comfortable and safe exercise environment for everyone. Thank you and have a great workout!