



# Fitness Etiquette

**Please follow these general fitness etiquette guidelines:**

- Return your weights to their appropriate rack
- Wipe down equipment after use
- Place towels in the designated bins
- Throw away trash, recycle when appropriate
- Share equipment between sets
- Be on time for and limit talking in classes
- Limit cell phone usage to short, necessary calls
- Wear appropriate clothing/shoes at all times
- Shower thoroughly before entering pools
- Share lap lanes and circle swim in main pool
- Be generally courteous to others

**Thank you for being courteous & helping us provide  
a safe, enjoyable environment at Spiece!**