



CROZER-KEYSTONE

HEALTHPLEX®
SPORTS CLUB

Fitness Floor Policies and Procedures

1. No children under the age of 15 may use any area of the fitness floor.
2. Proper athletic footwear must be worn at all times. No flip flops.
3. Proper attire must be worn at all times. No sports bras. Midriff must be covered.
4. Members must wipe down equipment after use.
5. Members must re-rack weights after use.
6. Cell phones should be kept on vibrate and used only for emergencies. Cell phones should only be used in the stairwell area.
7. Towels should be disposed of properly after use.
8. Limit workouts to 30 minutes if members are waiting for equipment.
9. Gym bags and coats are not allowed on the fitness floor.
10. No use of chalk, loud “grunting” or slamming of weights.