



1. **Wear the proper clothing.** Jeans , street shoes, sandals and other assorted apparel not meant for working out need to stay home. Loose comfortable clothing and proper athletic shoes are the way to go. At Planet Fitness we only allow baseball caps as head gear. Save the ski caps for the slopes.
2. **Turn off the cell phone.** Many people come to the gym for stress relief and time for themselves. Listening to conversations of others is annoying. If you must, bring your phone to the lobby area for your conversation.
3. **Don't linger on equipment.** Everyone wants to get their workout in. Allowing others to work in with you is the right thing to do.
4. **Please obey the rules in the Circuit area.** This equipment is for those actually doing the circuit correctly. It is not for completing specific equipment sets or moving in your own direction.
5. **Wipe down benches and equipment.** To avoid spreading germs and just common courtesy, wipe down all areas of contact after you are finished. Bring a workout towel and use the disinfecting solution and paper towels. Unfortunately, some people do not. For you own safety, wipe the equipment before use and wash hands often.
6. **Don't be smelly.** Too much cologne or not enough deodorant. Either is just not cool. Do you really want people to move away from you because of bad BO. Change sweaty clothing if you must during your workout. Sweat is part of working out but not something we want to share.
7. **Keep your stuff in your locker, and lock it up.** Leaving purses and gym bags on the exercise floor is a safety hazard. Please leave anything of value home. If you use a locker, lock it up! Don't tempt anyone with easy access to your stuff.
8. **Use the garbage and recyclable containers.** If you want a nice, clean place to workout, help keep it that way. Please do not leave paper towels, bottles and tootsie roll wrappers on the floor or around the gym.
9. **No grunting, please!** And don't drop the weights. Yes, this is from the Planet Fitness rule book and again, it's just plain courtesy.
10. **The Rules are the rules.** We have them to allow all our members an enjoyable experience. You may not agree with them all but we would appreciate your cooperation in making Planet Fitness, "the judgement free zone" the best place at the best price to work-out. After all, **"This is Your Planet!"**