

# Gym *etiquette*

# 101

## **PUT YOUR EQUIPMENT AWAY**

Just to clarify, put your equipment away neatly. Where it belongs.

## **DON'T DROP EQUIPMENT**

Speaking of equipment, if you can pick it up, you can put it down... with control. The entirety of the facility doesn't appreciate your 3 sets of 9 magnitude earthquake deadlifts.

## **TRAIN WITH A TOWEL**

This doesn't mean sling it over your shoulder then chuck it on the floor while you schlep your sweaty moist body all over publicly used equipment. This means using your towel to cover equipment as best you can while you schlep your sweat moist body all over publicly used equipment.

## **DON'T BE LATE TO GROUP CLASSES**

When attending group classes live by the mantra 'if you're on time you're already late'. Being late is disruptive to the class, potentially dangerous for you and off-putting for the Trainer/Instructor. It's also probs part of the terms & conditions of entry to said class soooo...

## **YOU DON'T OWN A 'SPOT' IN GROUP FITNESS CLASSES**

Here's the thing: stand somewhere else. Or arrive at your class early and claim your precious spot.