

## ***GYM ETIQUETTE***



**PRIMETIME  
FITNESS**  
Sullivan's Island, SC  
843-883-0101

Thank you for choosing to workout at PrimeTime Fitness. There are a few things to remember out of safety and courtesy for your fellow gym members.

- \* Please remember to wipe down your equipment after use with GymWipes – located throughout the cardio and weight room areas.
- \* Wipe your feet thoroughly at the entry and check for sand, mud, gum, and stuff that smells!!
- \* Speaking of stuff that smells . . . make sure that neither you nor your gym clothes do. Please use deodorant, and discard old smelly clothing.
- \* Please keep cell phone usage to a minimum . . . you are welcome to take your phone into the foyer or outside on the porch to answer calls. One-sided conversations can be distracting to those trying to concentrate on their workout.
- \* Please ask, "can I work in a set?" or "are you using this machine?" before using equipment if it seems it may be in use but you're not sure.
- \* Limit your time on cardio equipment to 30 minutes when others are waiting.
- \* DO NOT attempt to repair or adjust any equipment that has malfunctioned. Report any equipment problem – including damage to machines; or rips, tears, or damage to bands or balls - immediately to a staff member.
- \* Remove your weight plates from the bar when you are finished.
- \* Do not attach bands or other functional training devices to equipment not intended to act as an anchor when you are not with a trainer.
- \* Monthly gym, group training, and PrimeTime Spin fees are due on the 1<sup>st</sup> of every month and considered late on the 5<sup>th</sup>.
- \* Please keep valuables at home. We are not responsible for lost or stolen items.
- \* Guests of members are welcome, but must complete a Guest Information Form prior to working out.
- \* Do not, for any reason, ever, EVER, unlock the guest entry door if there are no staff members on the premises. If someone that you know needs to get in, you may let them in through the member entry. If someone you do NOT know wants to get in, they may contact the owner at 883-0101.

**Thank you for helping to make  
PrimeTime Fitness THE gym on  
Sullivan's Island!**