



## **TORII PHYSICAL FITNESS CENTER RULES:**

- 1. Standard rules of decency, good conduct, and respect apply here.**
- 2. Under 16 years old, must comply with specific age rules.**
- 3. No pets allowed.**
- 4. Don't drop the weights.**
- 5. If you sweat on it, then wipe it off.**
- 6. Weights / equipment absolutely do not leave the facility.**
- 7. Return weights & equipment back to their proper places after use.**
- 8. No food allowed, water and sports drinks are permitted.**
- 9. Wear proper attire, no bare feet or flip flops.**
- 10. Proper shoes required for basketball, racquetball, and tennis courts.**
- 11. Please check with front desk for court/room reservations.**
- 12. No freelance personal training.**
- 13. Use, offer, or ask for a spotter.**
- 14. If you don't know how to use a piece of equipment, ask us.**
- 15. Not responsible for lost or stolen items; don't leave valuables unattended.**
- 16. Chatting or texting are not exercises, put down the phone.**
- 17. Prevent biological contamination, if you're sick, stay home.**
- 18. No Smoking, vaping, or spitting tobacco.**

*These rules apply to the entire complex including outdoor functional fitness area, gymnasium, sports fields & courts, group fitness, cardio, and weight rooms.*

**YOUR ENEMY TRAINED TO KILL YOU TODAY; WHAT WILL YOU DO?**