



LifeFIT Centre Etiquette

GYM SPECIFIC

- Please be mindful of other people's space, make sure you leave adequate room when walking past machines or spaces in use.
- Please try to keep the noise level down in the Centre. Loud conversations can be disruptive to others.
- Please clean equipment after use, there are sanitizing wipes available around the Centre.
- Please re-rack the free weights and remove plates from barbells after use.
- Please do not drop weights or slam the plates on weight machines.
- Please do not bring bags into Centre, there are lockers available for use in our Central Changerooms.

ATTIRE SPECIFIC

- Appropriate footwear is required in the Centre (i.e., no boots, open toed shoes, or sock feet etc.).
- Change into gym shoes once you are inside; please do not wear them in from the car.
- Appropriate clothing is required in the Centre, please wear athletic shorts, leggings, or sweatpants, shirts must be worn and must cover the midriff; no shirts with offensive wording/logos.
- Please do not wear fragrances or colognes.

RA ETHICS AT PLAY

- Respect others, everyone is welcome regardless of their knowledge or fitness level. Our Centre is a judgement free space, remember we all start somewhere.