



- I. BE ON TIME, AND THAT MEANS BE EARLY! TARDINESS IS NOT WELL RECEIVED.
- II. RECORD YOUR WODs, LIFTS, PRs, AND SUCCESSES - EVERY DAY! DO NOT EXPECT A COACH TO KNOW EXACTLY HOW MUCH WEIGHT YOU ARE CAPABLE OF LIFTING...YOU SHOULD BE TRACKING YOUR OWN WORK.
- III. TAKE CARE OF THE EQUIPMENT. EMPTY BARBELLS, KETTLEBELLS, AND DUMBBELLS ARE NOT DESIGNED TO BE DROPPED. ALSO, BARBELLS WITH SOLOS 10# BUMPER PLATES SHOULD NOT BE DROPPED. LET'S PRESERVE THE LIFETIME OF OUR GYM EQUIPMENT!
- IV. CLEAN UP AFTER YOURSELF! SANITIZE AND CLEAN ALL WEIGHTS & EQUIPMENT. RETURN WEIGHTS AND EQUIPMENT TO WHERE THEY BELONG. DISPOSE OF ANY BLOOD, SWEAT, TEARS, DIRT, SPIT, ETC THAT YOU MAY HAVE LEFT BEHIND.
- V. CHALK IS A PRIVILEGE, NOT A RIGHT. KEEP IT IN THE BUCKET. CLEAN UP YOUR MESS!
- VI. GRUNTING, SCREAMING, MOANING, CUSSING, ETC GO HAND IN HAND WITH WORKING HARD - DON'T HOLD BACK. THAT BEING SAID, THERE IS A FINE LINE BETWEEN WORKING HARD AND BEING EXCESSIVELY RUDE OR OBNOXIOUS.
- VII. RETAIL ITEMS ARE SOLD ON AN HONOR SYSTEM. PLEASE PAY FOR ALL ITEMS AND INFORM YOUR COACH THAT YOU DID SO. THANK YOU!
- VIII. NO BYSTANDING CHILDREN ALLOWED IN THE GYM WHILE CLASS IS IN SESSION.
- IX. NO WHINING.
- X. RELAX. UNWIND. MEET NEW PEOPLE. WORK HARD. HAVE FUN!