

# *Locker Room Etiquette*

As we start off the New Year, we'd like to remind our valued members of some common courtesies of our fitness center:

## PLEASE:

- Return towels to the dirty towel bin. Every towel that walks out through our front doors has to be replaced.
  - No perfumes or heavily scented lotions in the locker room. Many people are allergic.
  - No oils or lotions in saunas.
  - Place your belongings in a locker while you are working out or showering.
  - Using only two towels per person will help to reduce water usage and laundering costs.
  - No cell phone use in the locker rooms.
  - Treat area as a quiet zone. Massage room is right next door.
  - No children under the age of 10 in the dry or wet saunas. Please supervise children in showers.
  - Absolutely no cameras or computers.
  - No hair dying or other harsh chemicals.
  - Be considerate of others around you. During busy times sharing space helps everyone to get ready in a timely manner.
  - Most of all: **HAVE FUN AND ENJOY YOUR WORKOUT!**
- Thank you all for your questions, comments and concerns over the past year!

In Good Health, your JCC Fitness Staff

