

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

