

PT&C Standard Gym Etiquette

1. **Wipe Down Equipment:** Always use the provided sanitizing wipes or sprays to clean the equipment before and after use. This helps maintain a clean and hygienic workout environment.
2. **Share Equipment:** Be mindful of others waiting to use equipment. Don't hog machines or weights for an extended period. Share and take turns.
3. **Re-Rack Weights:** After using free weights or barbells, put them back in their designated spots. This ensures that the next person can find and use them easily.
4. **Use Towels:** Bring a towel to the gym to lay on equipment, especially if you tend to sweat a lot. This helps keep machines and benches clean.
5. **Mind Your Noise:** While it's normal to exhale during a tough set, loud grunting or shouting can be disruptive. Keep noise levels reasonable.
6. **Respect Personal Space:** Give fellow gym-goers space to exercise without feeling crowded. Avoid standing too close or using equipment right next to someone if there's plenty of available space.
7. **Don't Hover:** If someone is using a machine or bench, don't stand over them or hover impatiently. Wait at a respectable distance until they finish their set.
8. **No Phone Calls:** Avoid making or taking phone calls on the gym floor. If you need to make a call, move to a designated phone or lounge area.
9. **Refrain from Unsolicited Advice:** While good intentions are appreciated, don't offer unsolicited advice or critique others' form or routines. If someone asks for help, then feel free to assist.
10. **Mind Your Hygiene:** Wear clean workout clothes and use deodorant. Strong body odor can be unpleasant for those working out nearby.
11. **Limit Chit-Chat:** While it's okay to have a brief conversation, avoid having long, distracting conversations with others during their workouts. Many people prefer to focus.
12. **Follow Dress Code:** Adhere to any dress code rules the gym has in place, such as wearing proper footwear and attire.
13. **Don't Lurk:** Avoid leering or making others uncomfortable with prolonged staring. Focus on your workout.

14. Return Amenities: If your gym provides amenities like towels, put them in the designated bins after use.
15. Be Courteous in Group Classes: In group fitness classes, be on time, and avoid disrupting the class by leaving early unless necessary.
16. By following these standard gym etiquette guidelines, you can help create a respectful and positive environment for yourself and fellow gym members.