

Rules of Fitness Center Etiquette

KEEP YOUR SHIRT ON...

And Shoes! When you're exercising indoors, you should be wearing a top. Yoga & Pilates classes are offered sans shoes, but the Fitness center has a policy against working out barefoot outside of the Yoga & Pilates studios.

BEWARE THE URGE TO RE-WEAR...

Change your shirt after every workout and your shorts at least after every two. Body heat during a workout can reignite a baked-in odor from your previous workout.

SKIP THE SHORT-SHORTS

Never wear high-cut running shorts—the only exception is if you're sticking exclusively to the treadmill.

KEEP YOUR REST TIME SHORT

30-45 Seconds: The time you should allow yourself to recover between sets on a weight machine. If you need more of a breather, get up and allow others a chance to work in.

SIP, DON'T SNACK

You may like to recharge with a Cliff Bar or an apple—just don't do it on the exercise floor or a cardio machine. Stick to water or a sports drink until post-workout.

DON'T MISUSE MIRRORS

Club mirrors are for monitoring your form—save the vanity for home. Don't groom yourself on the fitness floor—take a walk to the locker room instead.

LEAVE YOUR PRIVATE TRAINER AT HOME

JCC Personal Trainers are here to service members using our facility, so it's disrespectful to bring in your own outside trainer. It's also a liability—the trainer you're bringing in is not covered by our insurance policy—and against our rules.

BE SEEN, NOT HEARD

While yoga involves a certain amount of group *om*-ing and deep breathing, avoid moaning and abnormally loud exhales. Likewise, grunting and throwing down your dumbbells relegates you to caveman status.

HANG IT UP

Using your cell on the exercise floor, in locker rooms, or during a class is extremely inconsiderate. Excuse yourself only for important calls. Take it to the lobby, hallway, or outside.

LOSE THE BUDS

Wearing headphones to a group class is insulting and distracting. You risk missing out on necessary guidance and fitness benefits. Routines are often choreographed to the music an instructor has chosen.

PERSONAL SPACE, BY THE NUMBERS

Two arm lengths: The distance you should leave between yourself and the nearest exerciser while standing in front of the mirror.

Two feet: What you should leave between your yoga mat and the mats on each side of you.

OFFER THE RIGHT ASSISTANCE

Polite: If you see someone struggling with a set, quietly and encouragingly ask if you can lend a hand/spot.

Rude: Keep tips on technique to yourself. You don't know other members' goals and limitations.

CHECK BEFORE YOU CHANNEL-SURF

Don't just start flipping stations on a shared screen. Ask for help at the Fitness Desk. The Center has picked certain channels to set a mood.

PROTECT THE BENCH

In the locker room, when you're changing, put a towel down on the bench.

DON'T SHOW OFF

Avoid in-the-buff chitchat. Wrap up in a towel as you make your way to and from the shower.

BLOW DRY ONLY HEAD HAIR

Shaving naked at the sink is a no-no. Also, be polite and refrain from blow-drying any body hair that isn't on your head.

Questions?

Ask the Fitness Floor Attendants...Or Call ahead to the Fitness Desk:
408.357.7419