

Locker Room Etiquette

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 the 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. Your conversation may disturb others. And many members have expressed concern that cell phones contain cameras and this makes them uncomfortable.
- Absolutely no cameras or computers are allowed in the locker room.
- Treat this area as a quiet zone. The massage room is right next door.
- Children under the age of 13 must be supervised by a parent or other responsible adult at all times while they are at the JCC.
- No children under the age of 10 are allowed in the sauna or steam room. Please supervise children in the showers.
- 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!

In Good Health, your JCC Fitness Staff