

Dayani Center Exercise Floor Policies

In order to provide excellent service and a quality experience to all members and patients, the following rules are to be followed at all times on the Dayani exercise floor.

- Appropriate exercise clothing must be worn. Shirts and pants or shorts must be worn on the exercise floor. Swimsuits are not appropriate exercise clothing for the exercise floor. The Dayani Center reserves the right to define inappropriate dress when necessary.
- Tennis shoes or other non-slip, closed-toe shoes must be worn on the exercise floor.
- Place dirty towels in marked towel bins.
- Be courteous and respectful to other members and staff by sharing (not lingering on) equipment, cleaning up after yourself, and by using appropriate, non-offensive language.
- Please refrain from talking on cell phones while on the exercise equipment or in locker rooms.
- Wipe down exercise equipment and mats with the provided cleaning wipes after use.
- No food or drinks in exercise areas. Plastic spill-proof bottles are permitted.
- **Do not drop or bang free weights**, machine weights or dumbbells. Please re-rack weights when done.

Thank you,
Dayani Exercise Specialists