

# Eden CSD Fitness Center Rules

- Sanitize equipment after use.
- No horseplay.
- No food or drinks besides bottled water
- Appropriate gym attire including shoes
- Use a spotter when lifting. No exceptions
- Don't drop the weights.
- Return weights to rack after use.

**Be considerate of others**

\*\*\* If Eden CSD is closed for weather related emergencies the Fitness Center will be closed. Please call ahead (992-3626) check our website: [www.edencsd.org](http://www.edencsd.org), or our Facebook Page "Eden Central School".