Firehouse Fitness Rules & Regulations

* A signed Liability Waiver Form must be on file with the Firehouse Fitness prior to using the gym.
* Don’t be a jerk.
* Proper attire, decorum and consideration of the rights and comforts of others must be observed at all times.
* Only those contracted or employed by Firehouse Fitness may perform personal training or coaching services.
* Appropriate gym attire must be worn inclusive of shirt or top, shorts and/or pants, and appropriate shoes.
* For safety reasons, personal items, gym bags, back packs and other items should not be on the gym floor.
* Beverages consumed during workout must be in a non-glass container with a lid.
* Spills must be cleaned immediately.
* Equipment must be wiped down after use. Disinfectant and paper towels will be available for your use.
* No bare feet allowed in the gym.
* Portable stereos and electronic devices may be used with headphones only.
* Use of a spotter is recommended when using barbells or heavy lifting weights.
* Return all equipment to their respective places after use.
* Always remove any removable plates from barbells after use.
* Equipment must be handled with care; any abuse will result in loss of gym privileges.
* Equipment malfunctions must be reported to staff or call 325-232-7500 immediately.
* Proper use of equipment is expected at all times.

Lastly: Firehouse Fitness reserves the right to cancel or refuse membership to anyone for any reason.