



# Better, Healthier You FITNESS FACILITY

## FACILITY GUIDELINES



Must have a current active membership to utilize the Optimal fitness facility.



You are exercising at your own risk.



In case of emergencies, contact Protect Services at 616.787.6333 or (ext. 6333).



Wipe down equipment after use.



Lockers may be used for personal items during time of exercise, items must be removed when done. Personal items may be stored above or below lockers at your own risk other wise.



Do not drop weights or equipment on floor.



Equipment must stay in designated rooms.



Re-rack weights after use.



Be courteous to others when using equipment and allow others to work in.



Use a spotter when necessary, especially during un-staffed hours.



30-minute time limit when people are waiting for equipment.



Wear workout clothing that is appropriate for a corporate fitness facility environment. Closed toed shoes are required in the weight room at all times.



Please wear dry, clean shoes in all exercise areas.



Must be at least 16 years old to be in exercise areas.



No guests allowed at any time.



Must scan membership ID at front desk prior to utilizing the facility.



All equipment is Amway property and may not be removed from facility at any time.

### Staffed Hours of Operations:

Monday - Thursday: 7am - 5pm

### Questions or Concerns:

[fitness\\_facility@amway.com](mailto:fitness_facility@amway.com)

787-7710