

# Optimal 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
	Use only glass cleaner on cardio screens and mirrors
	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  
787-7710