

RACK ROOM

A space created for heavy lifters.

Rules & Requests

- This room is open to all members.
- Get ready to lift heavy.
- Clean shoes required.
- Do not remove equipment from this room.
- Return equipment to racks & other areas of gym if used from the Turf Room or Free weight area.
- No rack pulls with new bars - use designated bar.
- Be respectful with music volume & language (sound travels).
- Keep doors closed at all times.
- Smile for the camera, video surveillance is always in use.

REMEMBER!! Modest attire is required on the main gym floor.

Do not use HEX BAR on the platform!!

