Exercise Floor Policies

In order to provide excellent service and a quality experience to all members and patients the following rules are to be followed at all times on the Dayani exercise floor.

* Appropriate exercise clothing must be worn. Shirts and pants/shorts must be worn on the exercise floor. Swimsuits are not appropriate exercise clothing for the exercise floor. The Dayani Center reserves the right to define inappropriate dress when necessary.
* Tennis shoes or other non-slip, closed-toe shoes must be worn on the exercise floor.
* Place dirty towels in marked towel bins.
* Be courteous and respectful to other members and staff by sharing (not lingering on) equipment, cleaning up after yourself, and by using appropriate, non-offensive language.
* Please refrain from talking on cell phones while on the exercise equipment or in locker rooms.
* Wipe down exercise equipment and mats with the provided cleaning wipes after use.
* No food or drinks in exercise areas. Plastic spill proof bottles are permitted.
* **Do not drop or bang free weights**, machine weights or dumbbells. Please re-rack weights when done.

Thank you.

Dayani Exercise Specialists