



# 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



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](mailto:fitness_facility@amway.com)

787-7710