

FITNESS CENTER RULES

- To ensure a comfortable environment please be courteous & respectful of members & staff.
- No talking on Cell phones while in the fitness center.
- No filming or taking pictures of other members in the fitness center.
- You must be 12 years of age or older to use the weight room unless working with a member of the Thoreau Club Fitness staff.
- Proper Athletic Attire required.
- Sneakers must be worn at all times. No bare feet, socks, or sandals.
- Wipe down ALL equipment both Cardio & Strength after use.
- Return equipment to its proper location. (i.e. DBs, KBs, & Olympic Plates)
- Allow others to “work in” or take turns.
- Do not drop weights.

If there is an issue please report it to any fitness staff member and or the Fitness Director Brian Cioci.
Email: cioci@thoreau.com or 978-831-1211

The logo for The Thoreau Club features a blue wavy line above the text "The Thoreau Club".

The
Thoreau Club