

Cardio Equipment Etiquette

*If equipment is in use, please use our
"Next Tag" system...*

- ▶ **Remove the "Next Tag" from the front of the cardio machine of your choice.**
- ▶ **Continue your workout on other equipment while waiting for your cardio machine.**
- ▶ **When your cardio machine becomes available, place the Next Tag back in the holder and begin your workout.**
- ▶ **If a "Next Tag" is missing and no one returns within 5 minutes the cardio machine is considered open and you may use it.**
- ▶ **If you have any questions, please ask a staff member.**
- ▶ **ENJOY YOUR WORKOUT!**

Honesty, Caring, Respect, Responsibility

