

# Winter Safety Tips

- Be careful not to slip, as floors may be wet due to rain or snow.
- Be aware as you walk through the vestibule when it is lined with open umbrellas
- To help keep our floors and machines clean and safe, please remember to wear a different pair of shoes/boots outdoors. Please have a clean pair of workout shoes.
- Don't walk barefoot throughout the club. Most of the mind/body classes do not require shoes; however, we require them when walking throughout the club.
- If you slip, trip or fall, please let a staff member know so we can help take care of the situation.
- Use only designated areas for entrance and exit of club.
- If you brave the outdoor elements for walking or running, please wear bright, reflective gear and stay on the paths especially in the dark.



Lindenhurst  
Health & Fitness Center