

1. ABSOLUTELY NO bikes inside the gym.
2. Please refrain from bringing pets into DCS as there is food and beverage prep immediately at the front.
3. Back staircase is for emergency exit only in the case of a fire. Please do not use the back staircase.
4. No children permitted downstairs. Children are not permitted in the conditioning areas or change/locker rooms.
5. No entry into the facility without a valid membership. Please ensure to check in at the front desk and a staff member will let you into the facility.
6. No shoes or food on the mats. Please stick to water only on training areas (Mats, conditioning area, etc)no coffee, juice, etc. No food is permitted in the conditioning area.
7. No foul language.
8. All egos should be left at the door. No negativity allowed at DCS.
9. Clean/disinfect equipment after use and put away neatly.
- 10.No open bag work during class times.
- 11.No open gym during class times. This includes using the floor for stretching or warming up during class times. It is not permitted to use the training area during class time for purposes other than class.
12. It is up to instructor's discretion to allow late members into class. It will be the decision of the instructor to let members join class if they are late.
- 13.No overnight lockers. Lockers left overnight will be cut open. DCS is not responsible for any personal belongings. This includes anything left overnight or unattended.
14. Open gym/Open weights. Use only designated area and weights during this time. Specified 2 racks, free weights and kettle bells. Rowers, assault bikes, Skierg, sled 6 other racks are reserved for classes and privates only.
15. Free Trial Sessions cannot be used for Open gym or Sparring.
16. Failure to comply by the rules will result in suspension or possible expulsion from DCS.
- 17.No interrupting instructors during class. Only class participants are allowed in the training area. Please wait till after class.
18. Out-of-towners are not permitted to free trials.
19. Gear is mandatory after one month of training.
20. No bags or food in the front seating area. Please put all bags in lockers or in the cubby holes and designated areas.
21. No cell phones during class.