

Hercules Gym
6361 Thompson Rd Ste 1
Syracuse, NY 13206
315-433-1361
www.herculesgym.net

July 2015

Maybe you didn't know

COMING UP:

November 21 - Powerlifting Meet

**Like in June, gym will be open but the lifters warming up need to be allowed whatever room they need.
Seminars are being planned. More details as they are available.



THIS GYM IS EQUIPPED WITH BOTH KILO PLATES AND LB PLATES.

STOP MIXING THEM

PLEASE PUT THE WEIGHTS BACK WHERE YOU GOT THEM FROM.

DO NOT MAKE US PUT THEM AWAY FOR YOU.

****** UP AND RUNNING ******

The batteries in the cardio bikes have been replaced and they should all be working. We are hunting down someone to repair the treadmills that are down. Thank you very much for your patience.

What's Available ...

Anderson lifting gear - wrist wraps, knee wraps, sleeves ... belts and singlets available soon.
Prepaid Day Pass Cards - Each card holds up to 20 day passes. Give as a gift, friends visiting from out of town, spouses or kids that only come in with you once in a while.

REMINDERS!

Do not drop the bars when you are lifting! The bar slips out of your hands in heavy lifts. We understand. Do not just let go of it or throw it at the ground. That may be bad ass elsewhere, not here.

When there is no staff in, make sure that your guests have filled out a liability form if this is their first visit and that they leave their day pass money.

If you are the last one to leave the gym turn off the light switches on the pillar at the back of the gym and in the bathrooms.

Also shut off the radio if you were using it.

While training do not leave your bags and belongings hanging on the equipment, covering the turf, or piled up preventing other members from being able to move freely around the gym or use equipment.

That being said, Monday evening and Saturday morning are consistent and known times for the group squat and bench training.

Please understand it will be a little more busy at these times. If you want to use something, feel free to ask someone to move their stuff.

If you bring your kids in it's great we have an environment where kids can come in and keep busy so you can get your training in. But please keep an eye out and be sure they are not climbing on the weird crossfit remnants or other equipment.

If you have any questions, comments or concerns, please feel free to let Pete or Rheta know. You can also email

to Hercules@herculesgym.net. You can also call 315-440-9627

All communication will always be kept in confidence.