OLIVIA GLAUBERZON

While the childhood rhyme “Gimme, gimme never gets” still governs behaviour at the dining room table, it’s “Gimme, gimme anyhow” for some people when it comes to exercising gym etiquette.

“In thirty years I’ve seen it all: people passing gas and blaming someone else, to arriving at a 60-minute fitness class thirty minutes late,” says Bathurst Jewish Community Centre personal trainer Sylvia Songo-Benedict.

“I’ve even seen a woman show up to a step class in nylons with her underwear on top,” the 30-year veteran adds. “Now, that goes beyond bad taste.”

However, wearing impropri- ette is not the only face you rampant at a gym across the GTA, Thornhill-based personal trainer Jason Fisher says his biggest work- out pet peeve is cellphones.

“They’ll just pick them up and start talking.”

While the childhood rhyme be in rhythm Bathurst Jewish Community class thirty minutes late,” says arriving at a 60-minute it all: people passing gas and taxes in Canadian dollar and occupancy per person for inside Emerald Princess August 4, 2008 sailing Greek Isles & Mediterranean, 12 days

The problem at most big gyms is that the members and staff are constantly turn- ing over,” he says. “Without a steady base to build on, you’re constantly having to re-train staff on a number of fronts so existing members and the code of conduct may get over- looked.”

While all this talk of bad sweatiquette makes for a good chuckle, as gym-goers we must ask ourselves: is sweatiquette really a laughing matter?

It’s not because they’re not strong enough,” Beltjar adds. “Or else they wouldn’t have loaded up the rack in the first place.”

“Then, after they’ve finished the set, some woman will strain her back to take them out,” she says. “Without a mirror in the gym is not the cultural norm, you just won’t know how to be polite within that environ- ment,” she says, adding people who are working out for the first time and new to the gym won’t understand the basics of sweatiquette until someone explains it to them.

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