



GYM ETIQUETTE & RULES

- 1. Please wear appropriate gym clothing/footwear, tops must be worn at all times, no bare chests.**
- 2. In the interest of cleanliness & hygiene please bring a towel or use the gyms' paper towels & spray to wipe down the equipment & benches after use.**
- 3. Please respect the equipment, do not crash or drop the weights & return weights to racks after use.**
- 4. No food or chewing gum in the gym area & spill proof bottles must be used.**
- 5. Please advise a fitness instructor if you have any injuries or medical conditions, so they can advise you appropriately.**
- 6. Please respect other members & members of staff at all times.**
- 7. You must bring your membership card with you on every visit so we can swipe you in, you cannot lend this card to any other person.**
- 8. If we need to change the club opening times for any reason, we will aim to give you as much notice as possible.**
- 9. Keep your valuables in lockers as we cannot be held responsible if items go missing if not locked away.**
- 10. Appropriate behaviour is required at all times so as not to jeopardise your safety or the safety of others, failure to adhere to this could result in the termination of membership.**
- 11. Please be respectful of other members' privacy. No images or footage must be taken without their consent, we reserve the right to cancel a membership if technology is inappropriately used.**

MEMBERS SIGNATURE.....