



GYM RULES & ETIQUETTE

- Please swipe your card upon entry. YOUR CARD IS FOR YOUR USE ONLY. **Allowing entry of non-members whether willingly or unwillingly will result in an immediate lifetime ban.**
- Members under the age of 18 are to be accompanied by an adult member at all times during unstaffed hours.
- Please take care of your belongings. **THEFT IS NOT TOLERATED AND YOU WILL BE BANNED FOR LIFE.**
- Obey all signs.
- Be considerate to others when using the machines.
- Equipment use is restricted to **20 minutes**.
- Personal hygiene is important – wear deodorant! And spray & wipe down equipment after use.
- Please bring a towel to your workout. No towel = No training!
- Safe and appropriate clothing and enclosed footwear must be worn when training. Shirts/tops are to be kept on at all times. Jeans, school uniforms and work clothes are not permitted.
- Respect other member's space, especially around the Free Weights area.
- Return weights & equipment to their allocated location when finished.
- Please report any equipment damage or faults to management or staff.
- Be courteous and respectful to both gym staff, patrons and equipment alike. No fighting or wrestling allowed.
- Chalk Powder is not allowed. Use Liquid Chalk instead.
- Intentional misuse of equipment will not be tolerated.
- **The Emergency Exit is for emergency use only and must remain closed at all times!** The opening and misuse of these doors will result in immediate expulsion.