

# FITNESS SUITE RULES



Please do not make phone calls in the Gym, if you are making phone calls whilst using equipment, you will be asked to leave.



Make sure you wear loose comfortable clothing, with no offensive writing on, strictly no jeans or soiled work clothes.



Please ensure you are wearing the correct footwear for the gym, heavy boots and flip flops are not permitted.



Keep hydrated through your workout and bring a water bottle with you.



Remember to mop up any spills or sweat and wipe down the equipment after use.



No Wristband = No Workout and you will be asked to leave.



Children under the age of 12 *are not permitted* to be in the Gym

Those between the age of 12 and 16 should only attend the gym during the Junior Gym session times.



Please refrain from wearing loose jewellery as this may get caught, causing serious injury.



Return all weights and equipment to the racks and storage areas provided.

Avoid slamming or dropping the weights as this will disrupt other members and also damages the equipment.