

Gym Rules

1. In the instance of a fire, an alarm will sound and a Fitness Consultant will direct you to a marked fire exit to gather at the coach car park
2. Minimise safety risks. Please ensure that you are using clips when using a barbell
3. Please wear the emergency stop clip when using the treadmill
4. Appropriate exercise clothing and shoes must be worn at all times
5. No phone calls and keep phone use to a minimum when using a piece of equipment
6. Please be mindful of when other gym users are using equipment and allow them to work in with you to reduce waiting time
7. Only drawstring bags are to be allowed into the gym. Duffel bags and backpacks are to be stored in the lockers provided
8. Rack and platform usage is limited to 45 minutes during busy periods
9. Please put all equipment away when you have finished using it