

GYM & STUDIO FITNESS CLASS RULES



- 1. Person under age of 18 not allowed admission with exceptions to Teen Gym or Group Bookings & classes**
- 2. No mobile phones / photography allowed in the gym**
- 3. No food or chewing gum is allowed in the gym**
- 4. Always return weights and other equipment to the proper storage area**
- 5. Clips / collars should always be applied when using weight bars**
- 6. Users must comply with the instructions of staff at all times**
- 7. Appropriate clothing and footwear must be worn**
- 8. Treat the equipment with respect**
- 9. Class attendees must work within their own physical limits and not put themselves or others at risk of injury**
- 10. Class attendees who do not follow the studio rules may be asked to leave by member of staff**
- 11. All other class attendees must be considered.
No shouting, loud swearing, or other inappropriate behaviour deemed disruptive by class instructor. Be polite and friendly.**
- 12. All class attendees to bring a towel & a drink with them**
- 13. All class attendees are expected to wipe down their own equipment after each class**