GYM RULES

GYM USAGE GUIDELINES

- Re stack weights & plates after use
- Avoid dropping or slamming weights loudly
- Report any broken equipment to staff
- Ensure you wear proper footwear in the gym
- Bin your rubbish before you exit the gym
- Respect others and share equipment

Following rules will help maintain a positive atmosphere where everyone can enjoy their workout experience. CCTV in operation at all times. Non adherence to rules can result in cancellation of membership. Have a great workout!