

RULES OF THE GYM

1. Put the handles, weights, barbells and other equipment back in their place.
2. Please be considerate of people with allergies, do not use fragrances excessively.
3. If you use chalk, please be tidy. Liquid magnesium is less messy and gives a better grip.
4. Where necessary, use a towel to keep the equipment free of sweat.
5. Where necessary, wipe the equipment down after use. You can find cloth for wiping and disinfectant in many spots.
6. Only use water bottles that have a cap. Mugs and cans are not allowed in the gym.
7. Only use indoor shoes, outdoor shoes are not allowed when working out indoors.
8. Please be considerate of other gym users.
9. Come on time to group classes, do not enter during the class.
10. Lockers are only for storage when working out, lockers locked overnight will be emptied.
11. Do not allow non-members to enter. This will cause your membership to be revoked.
12. Please register with your membership card at the desk whenever you enter the gym.
13. Put your shoes tidily in their place in the lobby, do not leave them in the middle of the floor.
14. Taking pictures of other people without their permission is prohibited in the gym.
15. Do not leave equipment in front of emergency exits.
16. Put rubbish in the bin. Leaving snuff on the floor or on a piece of equipment will lead to immediate revoking membership without any refund.
17. Children may not run freely in the gym premises. We comply with the Tukes safety guidelines. Make sure your child stays in the supervised play area and escort them there and back.