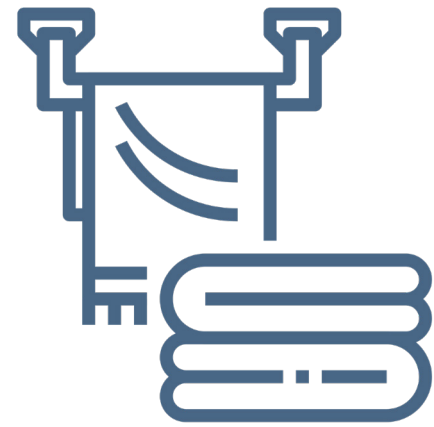


# GYM ETIQUETTE



## TOWELS

We encourage the use of sweat towels in the training area.



## SAFETY FIRST

Book your classes effortlessly through our online system. Remember to cancel within 4 hours of the class start time to avoid penalties under our 3-strike policy.



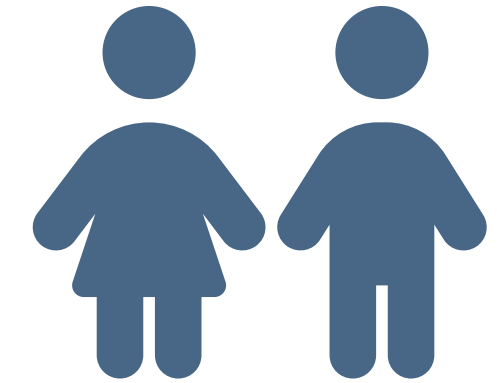
## APPROPRIATE CLOTHING

When training at the club, we kindly request that you wear appropriate attire. Please note that clean and suitable footwear is mandatory.



## PERSONAL BELONGINGS

To ensure the security of your belongings and maintain a clutter-free training environment, please utilize the lockers that have been provided.



## JUNIOR USAGE

Reminder that all junior members require an induction before using the gym. Juniors found using restricted areas may be asked to leave the gym. See T&Cs for full details.



## WEIGHTS

Treat the gym equipment and facilities with care. Remember to clean up after yourself and return any equipment you use to its proper place.



## BE CONSIDERATE

When training please avoid excessive noise, such as grunting, dropping weights or playing loud music. This might be uncomfortable for others and disturb their training.



## MOBILE USE

Please limit phone use in the gym to music and fitness apps only. Calls should be answered outside of the gym, with messaging and social media use kept to a minimum between sets.



## CLEANING

Please use the cleaning products provided to clean your training area after use.



## TEAM SUPPORT

In addition to our group inductions, the team are on hand to assist you with exercise suggestions or any issues you might be having.