



## Gym Rules

Please adhere to the following rules so we can all enjoy our shared space:

1. Put all weights and equipment back when you're finished
2. Spray bottles and wipes are available to use to sanitise the equipment
3. Please be respectful of other members, particularly if the gym is busy, and share equipment when possible
4. Please dress accordingly to the gym (no jeans or open toe shoes)
5. Classes have priority, so please free up the studio when requested by an instructor
6. Please report any spillages so we can get it cleared as quickly as possible
7. If you need to cancel a class or PT session, please give as much notice as possible so someone else can grab your spot
8. Please do not obstruct fire exits



## Changing Room Rules

Please adhere to the following rules so we can all enjoy our shared space:

1. Please ensure hair straighteners and hair dryers are switched off after use
2. Lockers should be used only during your gym session and should not be used to hold belongings outside of your training time
3. Please bring your own towels and toiletries
4. Please ensure showers are turned off after use