



GYM RULES

- 1.) To enter the leisure Club you need a key fob or pin number. You can not lend it to anyone else as it belongs to you (you'll need to swipe in on every visit)
- 2.) To ensure the Leisure Club fit for use, we might need to close it - or in certain areas - from time to time. Thank you for your patience.
- 3.) If we need to change the Leisure Club's opening hours for any reason. We will give you as much notice as possible.
- 4.) Keep your valuables with you or placed safely away in a locker at all times. If we find anything, it will be placed in lost property.
- 5.) Only food purchased from the Leisure Club can be eaten.
- 6.) Please wear appropriate gym attire at all times i.e no bare chests, no denim, no outdoor footwear.
- 7.) When using the wet areas. Swimsuits must be worn at all times. Please remember to take all personal belongings on leaving the Leisure Club.
- 8.) Please be ready to leave the leisure club by closing time.
- 9.) Please replace weights and do not drop them. This causes a safety hazard, damages the equipment disturbs other Leisure Club members.
- 10.) In the changing rooms, please close lockers after use and put all rubbish in the bins provided.
- 11.) We want to make sure we have as many lockers available for our members as possible; therefore please can we ask that you do not leave items overnight, as they'll need to be removed.
- 12.) If we have to remove items rest assured we always have 2 members of staff to empty a locker, and we will store your items for 4 weeks. To cover the cost of removal, we will ask for a small fee in return.
- 13.) Glass is not permitted in the gym. Please use plastic bottles and cups only.
- 14.) In the interest of cleanliness and hygiene, please wipe down equipment after use and always use a sweat towel.
- 15.) We consider our members and staff as one big, happy, healthy family so please respect the Leisure Club, our staff and each other at all times.
- 16.) No telephone calls to be made in the gym. Smartphones should be set to silent.
- 14.) If using a smartphone, tablet or other device in the club or as part of your workout it is your responsibility to keep it safe and secure, we encourage you to keep it on you rather than the equipment.
- 15.) Appropriate behaviour is required at all times so not to jeopardise your safety or the safety of others. If in our reasonable opinion, a member's continued membership is likely to be injurious to the character and interests of any particular club. **We reserve the right to terminate that membership at any time.**