

Gym and Fitness Class Rules

Gym

- > Your membership is not transferable and you may not use it to allow a third party to have access to the facilities.
- > Suitable gym attire must be worn at all times – strictly no jeans, heeled shoes or flip-flops are allowed.
- > As a courtesy to other customers equipment should be wiped down with a gym towel after use.
- > Children under the age of 12 years are not permitted in the fitness suite at any time, proof of identification must be proven at time of induction.
- > Children aged 12 – 16 years must be accompanied by an adult after 5.30pm.
- > Customers are responsible for their personal belongings – the centre will not take responsibility for any loss or damage that may occur.
- > Please do not bring your gym bag or other personal belongings into the fitness areas.
- > If you are resting between exercises always allow others to step in.
- > Please return the seat and weights to the last user's setup.
- > Customers must replace all equipment after use.
- > No phone calls or photographs are to be taken whilst on the gym floor.
- > Misusing the equipment can result in injury and/or damage to the equipment. Ask for assistance from a member of the team if you are unfamiliar with equipment.
- > Prepare yourself to finish your activity within the facility 5 minutes before closure.
- > Threatening behaviour towards customers or staff will not be tolerated.

Fitness Classes

- > Class timetables and instructors are subject to change without notice.
- > Classes are available to pre-book without charge to members (subject to the terms and conditions of the membership subscription). Non-attendance could result in an additional cost being incurred.
- > Where, in the opinion of an instructor, a class is overcrowded, the instructor may restrict the number of attendees at the class. The booking system indicates the maximum number of people that can attend. If you are not booked in then you will be asked to leave.
- > An instructor may at any time ask you to leave a class if you are jeopardising the safety or enjoyment of others.
- > In order to avoid disturbing classes you are kindly requested to arrive in good time. Entry to classes may be restricted if you arrive more than 5 minutes after the start of the class.



Creating Healthier and Happier Communities
Yn Creu Cymunedau Iachach A Hapusach

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