

## GYM RULES

- PLEASE WIPE DOWN EQUIPMENT AFTER USE.
- NO TOWEL, NO TRAINING (TOWELS ARE AVAILABLE FOR HIRE & PURCHASE AT RECEPTION).
- BE AWARE OF OTHER GYM USERS. GIVE THEM ADEQUATE ROOM TO COMPLETE/PERFORM THEIR EXERCISES.
- RETURN WEIGHTS TO RACKS AFTER USE.
- KEEP THE FLOOR AREA CLEAR. USE THE CUBBY HOLES FOR GYM BAGS.
- AVOID EXERCISES THAT REQUIRE EXCESSIVE SPACE/EQUIPMENT DURING PEAK TIMES.
- AVOID USING CRUDE OR OFFENSIVE LANGUAGE.
- NO SMOKING ANYWHERE ON THE GYM PREMISES.
- LIMIT CELLPHONE CONVERSATIONS WHILE USING EQUIPMENT.
- WEAR APPROPRIATE & **CLEAN** GYM CLOTHING/FOOTWEAR.
- NO FOOD OR DRINK, EXCEPT BOTTLED DRINKS ON GYM FLOOR.
- BE CONSIDERATE OF OTHERS AND LIMIT YOUR SHOWER TIME.