**GYM CODE**

**You must follow our Gym code**

Please read and follow all signs and handouts that tell you what to do, especially in these areas. If you do not understand something, please ask for help.

**Respecting our equipment**

You are responsible for using our facilities and equipment correctly, including adjusting levels or settings. If you are not sure how to operate any equipment, please ask our staff before you use it.

Note that you will be responsible for any damage that you or your guests cause through a wilful act or negligence.

Please follow the protocol:

• use a clean towel when you use equipment, including exercise mats, benches, weight machines.

• keep to the set time limits- 15 minutes per equipment. 30 minutes per cardio machine.

• keep phone calls to an absolute minimum.

• Wipe and put equipment away after use.

•Keep social distance of 1,5 meters.

•Bring your mat, towel and filled water bottle.

**Wearing suitable clothes and shoes.**

All members and guests must wear suitable clothes and enclosed sports shoes in any exercise areas.

Bookings: You must book online for classes or for training at the gym. Please check our website or download the gym master app.

Guests.

You can bring guests into the club during staffed hours for a fee ($20 casual visit). You can book your guest online.

Your guests must:

• be at least 16 years old

• be accompanied by you and leave when you do

• fill in a pre-exercise questionnaire on their first visit

**Child-minding:** We provide childminding Mondays, Wednesdays, and Fridays from 9:15 to 10:15am. $3 per child, payed at the reception. Booking online via website or gym master app.

**Being refused entry or receiving a warning**

We can refuse entry to anyone, including members, if they act unreasonably or break the code.

We may also warn you that you risk having your membership cancelled. If you continue to behave in the same way, we may cancel your membership immediately.

Facing instant cancellation

We can cancel your membership without warning if you behave in a way that is risky or seriously inappropriate, such as:

• threatening or harassing others

• damaging equipment