

Gym and Studio Rules and Regulations

- Appropriate sportswear and footwear must be worn at all times.
- Be considerate using mobile phones whilst inside the gyms.
- Return all gym equipment safely to the right place after use.
- Wipe down equipment after every use. Using a personal towel is advised.
- Be prepared to share gym equipment during peak hours.
- Damage to equipment or facility will result in charges.
- Under 16 are not allowed inside the gyms unless they hold a Fitness Badge.