**GYM RULES**

- Please wear appropriate sports clothing and clean training shoes.
- Put all bags and personal belongings in the lockers provided.
- Do not drop weights other than on the platforms.
- Do not take unauthorised photos or videos.
- Speak to staff if you feel unwell.
- Wipe equipment down after use.
- Ensure you know how to use all equipment safely, if in doubt ask for help.
- Put dumbbells and weights back onto storage racks after use.
- Do not exercise in barefoot.

**Have fun!**