



Fitness Membership Rules and Regulations

- If non-members wish to use the facility, there is a daily fee of \$10.00. Before working out, the non-member must get the appropriate envelope at the office and sign the waiver. The fee should be placed in the envelope and it can then be dropped through the slot in the office door. Non-members must adhere to all facility protocols and code of conduct.
- Non-members may participate in Fitness Classes where an instructor will ensure the non-member is duly signed in. A \$15 fee per session is applicable for the non-member.
- Memberships are non-refundable and non-transferrable.
- Excessive behaviour such as screaming and yelling will not be tolerated. Shirts must be worn at all times.
- Clean equipment after each use with the provided cleaning solution.
- Be Respectful: store equipment properly after use, and do not play loud music. Weights must be put away when you are finished with them. Leave the area in the same condition as you would like it to be when you come to work out.
- Equipment is for everyone to use. Be friendly with other members and share equipment.
- Members must wear only clean, indoor footwear while in the building. Outdoor footwear must be removed upon entry of the building.
- We have designated areas for clothing and shoe changes. Do not use the fitness area as your personal changing area.

We strive to provide a clean, safe and friendly environment to our members. Membership to our facility is a privilege and can be revoked.

Thank you for following our Rules and Regulations