



Leisure Club

Health Fitness Pool Wellness

Gym Rules

- Please be respectful of equipment and other Gym users
- Always wipe down and put equipment away after use
- Use proper technique and know your body's limit to avoid injury
- Keep your bag and equipment out of the way of others
- Avoid dropping heavy weights and excessive loud grunting
- Don't interrupt others
- Always dress in appropriate clothing and footwear for exercise
- Be courteous. If others are waiting to use a machine, limit your workout to 20 minutes
- Keep fragile items out of Gym. No glass or breakables allowed
- Please report any damaged or faulty equipment to team member
- By using the facility and its equipment, members/Residents/Guests acknowledge they do so at their own risk
- If you are unsure how to use any machines or equipment, please ask for assistance from one of our team
- No under 16s
- No under 18s after 7pm
- The facility is not supervised, use of equipment is the responsibility of Member/Resident/Guest
- Member/Resident/Guest are responsible for knowing their own physical limitations
- CCTV cameras in operation.