



RULES & PROCEDURES

- Please sanitise your hands with the sanitiser provided before entering and leaving the Gym
- Please ensure you 'workout smart & stay apart'
- Social distancing is required at all times
- Please use the blue marked 'workout zones' provided to maximise social distancing
- Please wipe down equipment before and after use using the sprays provided
- Please wipe down the exercise mats after use with the spray provided and store back on the rack
- Please use the water fountains to fill bottles only
- Enhanced cleaning and hygiene procedures are in place for all high touch areas including the fitness equipment and changing facilities
- Some fitness equipment, sinks and urinals are placed out of action to maximise social distancing
- The changing facilities remain open with limited capacity, so we encourage members to come ready to train when possible
- The Health Club is operating on a first come first serve basis with a maximum capacity for the Gym floor. Members will be able to wait in a designated area in the cafe
- If you are attending a fitness class please enter the Studio via the patio entrance straight from the car park whenever possible

THANK YOU FOR YOUR COOPERATION