

A photograph of a gym interior. In the foreground, a man in a grey t-shirt and green pants is using a cable machine. In the background, a woman in a pink tank top is also working out. The gym has orange flooring and various exercise machines. A large grey circle is overlaid on the left side of the image, containing the text 'Gym House Rules'.

Gym House Rules

- The use of gym equipment is your responsibility and your own risk. We are not liable for your health.
- It is mandatory to wear appropriate sport shoes and clothing.
- Persons under 16 year are not allowed to use the gym facilities.
- It is mandatory to use a towel when using any gym equipment
- Replace any free weights immediately after use. It's dangerous to leave them lying around the room.
- Lower the weights gently and under control. By letting them drop you might cause damage to the weights.
- It is not allowed to bring your own food to the gym
- Use the lockers in the changing rooms to store your bags, jackets and other clothing. Please do not bring them into the gym. We are not liable for any losses or theft.
- Help us to keep the gym in good condition by reporting any faults immediately to staff on duty or to the reception.
- Club members that are coached by a Personal Trainer have priority for using the gym equipment.