



HOUSE RULES



- Photography and filming are not permitted in all areas (including changing rooms) which may infringe on the privacy of those present



- Please use a towel on the seats



- Clean (fitness) equipment after use
- Put weights away
- Only use free-weight equipment on the free-weight floor



- Mobile phone calls are only permitted in the lounge
- Eating is only permitted in the lounge; please tidy up after use



- Wear smart sportswear
- Wear trainers, not ordinary outdoor shoes
- Leave changing rooms, showers and toilets clean after use
- Ensure good personal hygiene



- Empty your locker after use
- Lockers that are still in use after closing time will be emptied.
- Any belongings left behind, including those in the lockers, are left at your own risk.
- Do not leave any belongings behind the counter



- Park only in the designated spaces
- Park only with the correct upgrade (depending on location)



- Please follow our staff's instructions at all times.
- Use of the fitness centre is at your own risk.
- Participation in training sessions is at your own risk.



- No laptops in the lounge
- Studying is not permitted in the lounge
- Please use the lounge solely for relaxation after exercising

Together, we can ensure that our sports centre remains safe, attractive and clean!

If a (repeated) breach is detected, further access will be banned from the centre, with no refund of the membership fee!