

Gym Conditions of Entry

To ensure patrons have the best possible experience, the following conditions of entry are in place to provide a safe, hygienic and pleasant environment:

- Pre exercise screening must be completed upon membership start and upon entry for Casual use. A medical clearance from your GP may be required prior to permitting entry.
- People under the age of 12 are not permitted at any time.
- People under 18 years of age are not permitted for Casual entry. Ages 12 – 17 may use gym only with membership and prior fitness assessment.
- External Allied Health/ fitness providers
 must report to reception and carry a lanyard
 at all times.
- Companions must report to reception, carry a lanyard and remain with companion at all times.
- Please practice safe hygiene. Bring a towel and wipe down all equipment after use.
- Place all bags and belongings into the lockers provided.

- Closed-toe footwear is to be worn at all times. Thongs, sandals and work boots are not permitted.
- Please place weights onto the racks provided after you have finished with them.
- Do not drop weights when exercising.
- Abusive, disruptive, offensive behaviour or language is not permitted.
- No film or photos can be taken without staff permission.
- Please seek assistance if you are feeling unwell during a workout.
- No glassware is permitted in the gym.
- Persons under the influence of drugs or alcohol will not be permitted entry.
- Follow staff instructions at all times.