

CLUB ETIQUETTE

Maintaining this standard is a shared responsibility and we ask all members to play their part by following our club etiquette:

- **Group training**

no more than 3 members should train together in one space. Avoid gathering in larger groups or occupying entire sections of the gym or spa at any one time.

- **Use of lockers**

Lockers are available in both the gym and changing rooms. All bags, coats, and personal items must be stored in lockers and not left on the gym floor.

- **Equipment etiquette**

All equipment must be wiped down after use and returned to its proper place. This is essential for both hygiene and the safety of others, as well as basic courtesy to fellow members.

- **Consideration for others**

Avoid extended periods between sets, particularly when others are waiting. Noise levels, including shouting or swearing, are kept to a minimum to preserve a calm and respectful environment.

THANK YOU!