

Gym Rules

Use facility and equipment at your own risk

To prevent your vehicle being ticketed, towed or clamped: choose your parking spot carefully. Parking in the turnaround bay, in front of other businesses or blocking vehicles in is restricted. Speak to a member of staff for alternative parking options

Do not bring non-members into the gym to train without approaching staff at the front desk, this includes lending your key tag to a non-member, members and all individuals caught doing so will be charged \$150 each

Scan your key tag on entering and leaving the premises, this is compulsory for health and safety

Members who lose their key tag will be charged \$15 for a new one

Place the weights/equipment back after use

Wipe down equipment after use and bring your own towel. Please report any damage to any equipment to a member of staff and do not use

Be on time for group fitness classes, if you are late, you must ask permission from the instructor before entering the class, the instructor is authorized to turn you away if deemed necessary

If lifting heavier than your capabilities, use a spotter. If you do not know what your capabilities are, always use a spotter

Report any injuries that happen whilst in the facilities to a member of staff

Lockers are for gym use only, any items left in the lockers for an extended period shall be removed and placed into the lost property

Personal items left outside of the secured lockers are left at your own risk

Do not drink from water fountains directly

Individuals are not to spar outside of martial art classes, unless supervised by a martial arts coach

All members must be courteous and respectful of others, anyone deemed to be inappropriate by management may be removed, membership revoked, and no refund given

Anyone under 16 years old must have parent/guardian permission to use the gym and is only authorized to use the facilities under supervision. Classes and or PT can be supervised by staff. Anyone 16 years or under is not permitted to use the weights unless being trained by an Industrial Fitness PT

Sauna Rules

When using the sauna please remember the following rules of etiquette:

Towels are compulsory

Respect those around you. Please wear swimwear, underwear or a towel at all times, this is to avoid sitting directly on the bench.

Please do not enter the sauna wearing dirty gym gear or shoes.

Please refrain from bringing electronics into the sauna with you.

No exercising in the sauna.

Do not pour essential oils over the elements or into the bucket of water.

Do not spray deodorant, air freshener or any products into or whilst in the sauna.

Do not pour any water onto the stones whilst the sauna is switched off.

Please use minimal amounts of water onto the stones when the sauna is switched on, if you are concerned about the temperature, please speak to a member of staff.

Excessive water on the elements will cause the sauna to break.

In the event you are caught misusing the saunas, you will be fined \$100. If your actions result in breaking the elements, you will be held accountable for all costs involved in bringing the sauna back to an operational state.

By signing the below, you are acknowledging you have read and understood the rules of Industrial Fitness.

Client Signature _____