

**IN ORDER TO ENSURE THAT ALL MEMBERS
ENJOY THEIR TIME AT RUNYAWAY FITNESS
WE ASK THAT YOU OBSERVE THE
FOLLOWING GYM RULES:**

GYM RULES

- 1. MEMBERSHIP CARD MUST BE PRESENTED
IN ORDER TO ENTER THE GYM**
- 2. CARRY A TOWEL AT ALL TIMES**
You will be required to bring a towel with you or otherwise hire one from reception.
- 3. CLEAN THE MACHINES YOU USE**
You are required to clean each machine after use. Carry a towel and clean each machine with the cleaner provided.
- 4. PICK UP AFTER YOURSELF**
Return weight plates and dumbbells to their designated places. DO NOT leave dumbbells on the floor or weight plates on the bar.
- 5. WEAR PROPER SPORTING FOOTWEAR**
Closed athletic shoes are required. No dress shoes, boots or sandals are permitted.

6. USE THE EQUIPMENT PROPERLY

Misusing the equipment can result in injury and/or damage to the equipment; follow directions and instructions. Ask for assistance from the fitness staff if you are unfamiliar with equipment.

7. BE COURTEOUS TO STAFF AND OTHER MEMBERS WHILE WORKING OUT

Swearing, fighting, harassing, discriminating, assaulting and any other inappropriate behaviours will not be tolerated.

8. STRICTLY NO DRUG OR ALCOHOL PERMITTED

The Gym enforces a strict no drugs and alcohol policy, therefore it is completely prohibited from the premises.

9. DO NOT BE OVERLY NOISY

Do not slam, drop, clang or throw dumbbells on the floor when you are finished.

10. BE MINDFUL OF YOUR HYGIENE

Wear appropriate and clean clothes while working out. Inappropriate body odour is offensive.

INDIVIDUALS NOT ADHERING TO THESE RULES MAY BE ASKED TO LEAVE. MANAGEMENT RESERVES THE RIGHT TO REVOKE THE MEMBERSHIP OF ANYONE WHO VIOLATES THE RULES.

**No Work
Boots
Allowed!
Only sports
shoes!**

**No Entry
in Gym
Without a
Towel!**
Towel hire \$2