




GYM RULES

- Don't misuse equipment-This will lead to injury, follow instructions given in induction at all times
- If anything is broken, please inform the relevant persons immediately
- Clean equipment after use- Carry a towel and clean after use
- Pick up after yourself- If equipment is moved, put it back to where it came from
- Personal belongings-Personal belongings should not be left in the gym premises
- Respect- Respect fellow gym goers, Do not take photos/videos of other people without permission
- Do not spend too long on equipment
- Safety-Be safe when lifting weights, always have a spotter. Particularly if lifting heavy weights
- Damaging equipment- Don't throw or slam weights
- No glass allowed within the gym premises
- No food, alcohol, chewing gum or smoking is allowed within the gym
- Maintain good hygiene- Wear clean clothes, wear adequate footwear while in the gym
- Treat showers with respect, clean up after yourself
- No third parties or non-paying members allowed in the gym at any time
- Turn off lights after using the gym

Any questions and details :

 +44 7857 271 292

 www.desertmartingac.com

 dylanormsby4@gmail.com