

# Gym Guide



- Please book 3 days in advance to guarantee your space in the Gym
- Sessions are 45mins long and Members must be prompt in leaving the Gym so we can clean and sanitise before the next session
- Arrive 'Gym ready' – changing rooms are not currently available for Gym users
- Please bring your own sweat towel
- Personal items like bags and coats must be stored in the rack opposite the Health Club Reception
- Please continue to sanitise all equipment after use in the Gym
- Please be careful and considerate when making bookings to ensure you only book one Gym slot
- Please provide as much notice as possible when cancelling activities to allow other Members to make use of the space
- Please follow the rules in place for each activity, they have been put in place to ensure Member comfort and safety

If you have any questions, please speak to a member of the Health Club team.

**Luke Fenton**

**Health Club Manager**