

# GYM Rules



For the optimal use of the GYM all users must abide by these Rules. These Rules are subject to change at any time by your Building Management Team.

Gateway 241 has formed an alliance with Lynette Bolton personal fitness trainer for EVERYbody. Lynette will be holding classes within the Gym regularly as well as offering personal training. To obtain advice on Lynette's offering you can contact her directly on 0411 204 769 or email her at [lynettebolton@yahoo.com.au](mailto:lynettebolton@yahoo.com.au)

Before you can access the GYM and all the services of Lynette Bolton the following needs to be completed by each user;

1. A Doctors Certificate needs to be handed in to your Building Management Team & Lynette Bolton advising that you are fit to use the gym unrestricted;
2. Received and filled in the Gym Questionnaire prior to your induction appointment;
3. Contact Lynette Bolton to organise an induction time. Please be aware your induction can not proceed without you completing points 1 & 2 above prior to your induction;
4. Completed your induction successfully;
5. Read and signed these Rules; and
6. Read and signed the Gym Waiver Form;

Once all the above has been satisfied, your Building Management Team can update your security access pass to use the GYM. Please be aware that Lynette Bolton cannot update your access pass to enter the GYM nor can she allow you to use the GYM prior to your access pass being updated. This action can only be completed by your Building Management Team.

General Rules of the GYM are as follows;

- The Gym is available for use by all building occupiers weekdays 6am till 9pm. Note, guests, friends or family are not permitted to use the Gym facility;
- Access is restricted however, your Building Management Team can update your security access pass once all the above has been satisfied;
- All classes and/or personal training sessions are on a pay as you go basis with Lynette Bolton. It is up to the user to organise payment for these classes/sessions directly with Lynette Bolton. Your Building Management Team take no responsibility nor can they accept any payment due to Lynette Bolton;
- The Gym cannot not be hired/used exclusively for personal training classes;
- Classes may be offered from time to time to all building occupiers which restricts general building use such as, pilates or yoga classes. Your Building Management Team will advise you of these times in advance to limit any inconvenience to your training schedule;
- The Gym cannot be used without a clean towel at any time.
- Please wipe down all equipment and benches immediately after use and notify your Building Management Team immediately of any equipment fault, damage or breakage;
- There is to be no food consumption in the Gym;
- All users must be dressed appropriately at all times. Footwear such as sport shoes is compulsory. Note, under no circumstances are users able to use the gym equipment barefoot or with thongs;
- Males must wear a top at all times such as a singlet or t-shirt;
- No loud music is to be played in the Gym expect when Lynette Bolton is present. Ear phones for personal electronic equipment is allowed;

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## GYM Rules continued...

- All non-essential training belongings must be stored within the lockers provided in the End of Trip facility on the Ground Floor. Storage of bags or other non-essential personal training equipment is not allowed in the Gym;
- Once the user finishes his or her training session they must take all their belongings with them and leave the Gym in a neat and tidy manner at all times;
- Gym clothing may be left up until 8pm each week night in the airing cupboards outside the Female Change Rooms;
- Please do not drop any weights and ensure they are returned to their designated area;
- No children or babies within the Gym under any circumstances; and
- No smoking allowed anywhere in the Gym/Building.

By signing the bottom section of this document you acknowledge that you have read and accepted the Gym Rules for Gateway 241.

Print Name \_\_\_\_\_

Sign Name \_\_\_\_\_

Date \_\_\_\_\_

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