



Phoenix Gym Club Rules

Upon entering this gym facility you agree to abide by the following rules, failure to do so may result in disciplinary action from management and/or the owners. We reserve the right to amend these as needed to ensure the continued safe use of the gym for all.

1. Be civilised towards all members and staff. We have a zero tolerance policy towards violence and aggression. Any members victim to or witnessing such incidents should report these to a member of staff immediately.
2. Put all weights you have used away straight after using them. Don't drop them or throw them at the wall or equipment. The staff are not here to follow you around tidying up after you, you're not a child.
3. Do not block fire escapes with the weights and/or other pieces of equipment.
4. Bags, jackets need to be put in the lockers within the changing rooms, not left by machines and equipment or walkways.
5. All belongings need to be emptied out of the lockers once your session has finished.
6. Do not share your app with other people, this can result in suspension and/or termination of your membership. As a minimum your account will be suspended until you have paid £7.50 for each day pass for the people you have let in. Good for us, good for your freeloading friends, not so good for you.
7. The gym floor is not a place for you to whip off your shirt or worse, your shorts! No jeans or clothes with rivets, it damages the equipment and no one likes that. No flip flops, sliders or sandals. If you drop a dumbbell on your foot, trust us, you will want some shoe protection. Also, no dirty work boots - this doesn't really need an explanation, it's just rude. Failure to wear suitable clothing and shoes for training will result in the denial of your workout.
8. Leave other people alone to train, don't disrupt other members' workouts and be polite.
9. If you are not sure, ask a member of staff or personal trainer on how to use the equipment properly. If you cause damage to any of the equipment due to idiotic behaviour, we will make you pay for it and you will be shocked at just how expensive gym equipment is.
10. Don't drop the weights, it damages them, the floor and other people's toes. If you can't put it down properly it's too heavy for you.
11. Don't stink! Use deodorant and wash your gym kit. You'll thank us in the long run!
12. If you have sweat all over the equipment do the right thing and wipe it down after using it. It's basic manners and no one wants to share your bodily fluids.
13. Be careful with your personal items. They are your personal items, not ours, so we will not take responsibility for them. Bring a good solid lock and put them in a locker and you will be just fine. The office is not a coat check, personal belongings cannot be kept there.
14. No food or inappropriate drinks on the gym floor. You're at the gym, not a restaurant or having a picnic.
15. Reset the treadmills when you're done. Stop the treadmills and ensure they return to normal level once you have finished using them.

16. No unofficial PTs, only rent-paying personal trainers are allowed to provide paid personal training in the gym. Anyone else isn't insured.
17. We love that you want to train with your friends, but no groups larger than 3 people, anymore and you waste too much time in between sets and take up too much room.