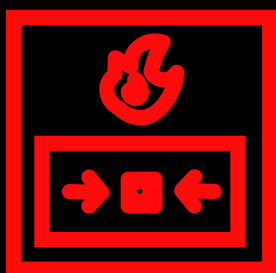
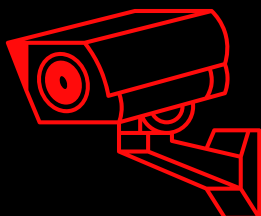


Please familiarise yourself with the following procedures for your ongoing safety at the gym, especially during our unmanned hours.

**If you suspect a fire.
Press the nearest red fire call point.**



We have remote access to the CCTV and our 24 hour monitoring company can see everything too.



You will find first aid points with first aid boxes located throughout the gym.



In the event of an accident or if you, or someone else is in need of medical assistance.

Get in contact with our CCTV monitoring team by using the red phone.

Or, call 999.

If it is not an emergency and you require general assistance, email us at wellingborough@phoenix-gyms.co.uk or message us on



Instagram: @phoenixgyms



Facebook: @phoenixgyms

Please familiarise yourself with the following procedures for your ongoing safety at the gym, especially during our unmanned hours.



In the event of the fire alarm sounding, evacuate the gym through the nearest and safest exit and make your way to the assembly point (The Multi Storey Car Park).



Do not go back into the changing rooms to collect your belongings. During our manned hours we will advise you, outside of these hours you MUST leave the building if the alarm sounds.



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