

Club Rules

- **Respect your trainer's time:** Be punctual for your scheduled sessions. Please notify your trainer in advance if you are going to be late and provide at least 24 hours' notice if you need to reschedule.
- **Bring your workout towel:** We've provided you with a beautiful workout towel, please bring it with you to the club to use during your workout. If you do require the use of a towel from the towel service, please return it to the dirty towel basket at the end of your workout.
- **Stay hydrated:** Bring your water bottle and stay hydrated during your session. Be mindful of spills and clean up any water or sweat on the floor.
- **Clean equipment after use:** Please wipe down all equipment, including mats and any accessories, after each use using the provided wipes and disinfectant spray. Ensure that all surfaces are thoroughly sanitised for everyone's safety and hygiene.
- **Noise control:** Keep noise levels to a minimum. Conversations and workout-related noises should be at a considerate volume to maintain a focused and serene atmosphere.
- **Personal space:** Respect the personal space and privacy of others in the club. Allow adequate space between training sessions to avoid interference.
- **Proper attire:** Wear appropriate workout attire and clean athletic shoes. If unsure about dress code expectations, consult with your Personal Trainer.
- **Hygiene matters:** Maintain good personal hygiene. Wash before your session if need be and use deodorant. Please don't lather yourself in perfume right before coming into workout.
- **Secure personal belongings:** Please store personal items in designated areas. Lovely lockers are provided for your convenience.
- **Be mindful of surroundings:** Be aware of your surroundings and adhere to the instructions and guidance of the personal trainer. Safety is a priority.
- **Air Conditioning & Windows:** We love you to be as comfortable as possible during your workouts, so please feel free to switch on the air con and open the windows upstairs while working out. Please ensure that the air con is turned off and all the windows are closed if you are the last to leave the club.
- **Feedback is welcome:** We love feedback! If you have concerns, feedback, or suggestions about your training experience, feel free to discuss it with Hayden or your Personal Trainer.
- **Follow additional club policies:** Familiarise yourself with any specific rules or policies unique to the club. This may include booking procedures, payment policies, or special guidelines for equipment us.