

## GYM RULES

1. Health Considerations: Consult a doctor before starting any exercise program, especially if you have pre-existing health conditions, including heart disease, diabetes, high blood pressure, or any other medical concerns. Use the gym facilities at your own risk.

2. Age Restrictions: Users must be at least 16 years old to use the gym without supervision. Minors under 16 must be accompanied by an adult at all times.

3. Proper Attire: Wear appropriate athletic clothing and closed-toe footwear while using the gym. Sandals, flip-flops, or open-toed shoes are not permitted.

4. Equipment Usage: Use gym equipment as intended and according to the instructions provided. If you are unfamiliar with any equipment, seek assistance from staff before use.

5. Sanitation: Wipe down equipment after use with the sanitising wipes provided. Maintain cleanliness and respect the space for other users.

6. Hydration: Stay hydrated by drinking water before, during, and after workouts. Please use water bottles with secure lids.

7. Noise Levels: Maintain a reasonable noise level.

8. Rule Enforcement: Failure to adhere to these rules may result in immediate removal from the facility without a refund or future access.

9. Legal Waiver: By using the gym facilities, you acknowledge that you are aware of the potential risks associated with physical activity and agree to hold the facility harmless from any liability for injuries or accidents that may occur.

All guests must agree to the terms and conditions

Thank you for your cooperation! Enjoy your workout responsibly.

Thank you

Simone and Nigel

Flowerpots Properties Ltd