

Gym rules

Kindly be advised that, **BODYBUILDERS ARE NOT ALLOWED IN OUR FACILITY, this is non- negotiable.** For the functionality of the gym to be efficient, gym members are advised to adhere to the following:

- A booking system is in place (no one should train without booking in advance)
- Members are advised to stick to their booked time slots
- Everyone will have a maximum of 1 hour, of training.
- Members who decide to arrive late, no additional time will be added, the booked time will be used as a reference, not the time of arrival

Members are encouraged to enter the gym precisely as indicated on the slot booked, no one will be allowed to enter before the booked time.

- **There is a penalty rule for every weight/(s) unpacked,** 1KG=1MIN Rule, please refer to the main entrance or gym walls for this rule.

- No Towel, No entry

- Members are encouraged to wear clean gym gear at all times

FINANCIAL WEEK RULE

Kindly be advised that, a financial week rule has been implemented, so to clarify the confusion that occurs after payments have been made. This rule will only apply to the members who have **JUST MADE THEIR FIRST/INITIAL PAYMENTS** to enroll for the gym, for the present year.

THE RULE STATES THE FOLLOWING:

If a member has made a payment in 2 or more weeks, before the selected date of payment i.e. (15-17,25-27 or 30-02), that member will be paying for that present month. In the event of a payment made **1 and half week, or less**, prior to the chosen date of payment(15-17,25-27 or 30-02) that amount will be carried over for the next subsequent month.

1KG=1MINUTE RULE

Members be advised that a new rule has been implemented and will apply to anyone who decides to leave their weights unpacked after use.

Rule: for every weight unpacked, the total weight will be summed, and the sum will be equated into minutes.

This suggests that **1kg=1minute**, e.g. if 60kg weight remains unpacked, 60 minutes will be deducted from the member's next session, meaning that the member wont train for the day s/he has booked for because of the violation.

In the event of any weights less than 60kg that are unpacked, the member will be forced to wait outside until that duration elapses, as much as this is the case, the penalty time will be subtracted from the prescribed 1 hour.

The following formula will be used to calculate the extent of the penalty

let 1kg= 1Min

Penalty= 60 minutes - (weights unpacked(kg))

BOOKING & RESCHEDULING RULES

Members are allowed to book 2 hours or more prior to their chosen slot, any booking made later than the stipulated range will not be accepted.

For Rescheduling purposes, members will only be allowed to reschedule their appointments before their booked slot elapses, any rescheduling after the slot has been exhausted, that request shall be denied .