

# GYM ETIQUETTS (DO'S &DON'TS)

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- ALWAYS DRESS APPROPRIATELY WHILE USING THE GYM FACILITIES.
- RECOMMENDED ATTIRE INCLUDES: SWEAT-SUITS OR SHORTS, ATHLETIC SHOES/ WORKOUT SHOES, NON-MESH T SHIRTS OR TOP TRACK PANTS / T-SHIRTS.
- EMPLOYEE WITHOUT GYM REGISTRATION CARD WILL NOT BE ALLOWED TO USE THE GYM.
- SIGN IN AND SIGN OUT IN THE REGISTER.
- USE ONLY THOSE EQUIPMENTS OR SPACE THAT IS NOT OCCUPIED BY OTHERS AND ALWAYS WAIT FOR YOUR TURN.
- WIPE DOWN THE EQUIPEMNTS, IMMEDIATELY AFTER USE.
- ASK TRAINER/STAFF TO SHOW HOW TO OPERATE THE EQUIPMENT PROPERLY.
- CARRY YOUR OWN TOWEL FOR THE USE INSIDE THE GYM.
- TO PREVENT LOSS, DAMAGE OR PERSONAL INJURY, DO NOT WEAR JEWELLERY DURING WORKOUT.
- REPORT ANY DAMAGE EQUIPMENT TO THE INSTRUCTOR IMMEDIATELY.
- DO NOT MONOPOLIZE EXERCISE MACHINES OR CARDIO EQUIPPMENTS
- TREADMILL / EFX USAGE IS LIMITED TO 20 MINUTES ONLY PER PERSON AND ONE HAS TO LET THE OTHER PERSON TO USE IT AFTER 20 MINUTES.
- DO NOT GRUNT OR SHOUT WHILE WORKING OUT, AVOID SINGING OUT LOUD.
- AVOID USING CELLPHONE INSIDE THE GYM.
- AVOID EXCESSIVE SOCIALIZING.
- DO NOT USE SLANG OR BAD WORD'S.
- AVOID EATABLE'S / DRINK'S INSIDE GYM PREMISES.
- DISPOSE GLASS / TISSUE IN THE WASTE BIN AFTER USE.
- PLEASE AVOID GETTING VALUABLES OR GADGETS INSIDE THE GYM IT SHALL REMAIN YOUR PERSONAL RESPONSIBILITY ALL THROUGH.
- AVOID ANY MISUSE OR INAPPROPRIATE USE OF THE GYM FACILITIES.
- DO NOT BRING YOUR GYM BAG OR OTHER PERSONAL BELONGINGS. INTO THE FITNESS FLOOR, KEEP IT IN THE LOCKER ROOM.
- RE-RACK WEIGHTS AND RETURN ALL OTHER EQUIPMENT AND ACCESSORIES TO THEIR PROPER LOCATION.
- CLEAR ALL YOUR PERSONAL BELONGINGS FROM THE LOCKER ROOM AFTER THE USAGE OF THE GYM.
- PLEASE HELP TO KEEP THE GYM AND LOCKER ROOM AREA ALWAYS CLEAN.