

# GROUP FITNESS RULES

- **NO LATE ENTRIES** to equipment-based classes (Les Mills BodyPump, BodyStep, Grit Series, RPM, CXWORX). Do not enter if music is playing as refusal may offend.
- **NO POST-WARM UP ENTRY** for all other classes. Refusal is at the discretion of the instructor.
- **NO EARLY EQUIPMENT PACK-UP**
- Bags should be placed in lockers or at the back of the studio only.
- BodyPump participants may use only one set of each the 1.0kg and 2.5kg weight plates.
- Leave equipment as you find it:
  - Bars, plates, clips, steps & risers to storage spaces
  - RPM: Lower handles & seats, disinfect & wipe bikes
- Practice personal hygiene:
  - Use a towel
  - Wash workout clothing regularly
  - Wear deodorant
  - Shower before and after exercising
- Respect our studios and equipment
  - Take water bottles, wristbands and rubbish with you
  - Don't throw weight plates
  - Report any damaged equipment to your instructor

