



GROUP FITNESS ETIQUETTE



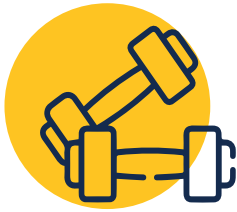
NO LATE ENTRIES

To all equipment-based classes
(Body Pump, Body Step, Grit, CX, RPM & Sprint)
Please do not enter if music is playing as refusal may offend.



NO POST WARM UP ENTRY

For all other classes, refusal is at discretion of instructor.



NO EARLY EQUIPMENT PACK-UP

If you must leave early kindly inform the instructor.

- All bags to be placed in lockers or at the back of studio only.
- Body Pump participants should only take one set of 1kgs and 2.5kgs (during peak classes)
- Return all equipment to their correct storage spaces.



PRACTICE PERSONAL HYGIENE

- Use a towel
- Shower before & after exercising
- Wear deodorant
- Wash workout gear regularly



RESPECT OUR STUDIOS & EQUIPMENT

- Take water bottles, wristbands & rubbish with you.
Report any damaged equipment to your instructor.

Thank you for your cooperation.



Sydney Uni
SPORT & FITNESS

RPM STUDIO ETIQUETTE



NO LATE ENTRIES

Please do not enter if music is playing as refusal may offend.

- All bags to be placed in lockers or at the back of studio only.
- Leave equipment as you find them; lower handle bars, seats and disinfect bike with spray and wipes provided.



PRACTICE PERSONAL HYGIENE

- Use a towel
- Wear deodorant
- Shower before & after exercising
- Wash workout gear regularly



RESPECT OUR STUDIO & EQUIPMENT

- Take water bottles, wristbands & rubbish with you. Report any damaged equipment to your instructor.

Thank you for your cooperation.