



Sydney Uni
SPORT & FITNESS

FITNESS CENTRE ETIQUETTE

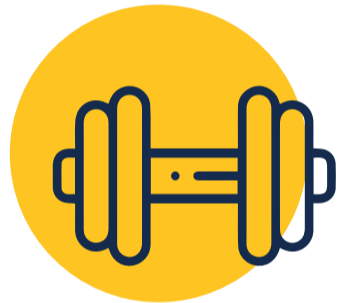
PLEASE FOLLOW THESE SIMPLE STEPS TO PROVIDE A GREAT FITNESS EXPERIENCE FOR YOU AND OTHER MEMBERS:



Full length towels must be used by members on all gym equipment at all times. Members without towels will be asked to hire one from reception. A Premium membership pass includes one complimentary towel per visit.



Practice personal hygiene by washing your gym gear regularly, showering if necessary before using the gym and wearing deodorant.



Return weights and equipment after use.



Wipe down equipment after use with disinfectant and paper towels available in the gym.



Be willing to work with other members to share equipment.



Refrain from foul language and intimidating behaviour.



Try to accommodate other members by balancing your time spent on machines during peak times.



Wear enclosed footwear (stretching area excepted).

Remember, our qualified fitness consultants are on hand to help you so please don't be afraid to ask. If you are new to a gym, we will happily provide you with assistance to meet your fitness goals. Thank you for your cooperation.