

AKTIV60 GYM MEMBERSHIP GUIDELINES

Welcome to Aktiv60!

We're excited to have you join our community of health and wellness enthusiasts at Aktiv60. We are committed to providing a safe, clean, and enjoyable environment for all our members. To ensure a safe and enjoyable experience for everyone, we kindly ask that all members familiarize themselves with the following guidelines:

Membership

- **Membership Type:** Aktiv60 offers memberships for various gym locations, including corporate gyms, residential estate gyms, and SOE/Government department gyms. Ensure your membership applies to the specific gym you intend to use.
 - **Corporate Gyms:** Membership is restricted to employees and contractors of the company hosting the gym.
 - **Residential Estate Gyms:** Membership is restricted to residents of the residential estate.
 - **Government Gyms:** Membership eligibility will be determined by the specific government department or SOE.
- **Access:** Members will be granted access to their designated gym using their fingerprint, a key fob or access card. Please treat these cards with care and report any loss or theft immediately.
- **Guest Policy:** Guest privileges may vary depending on your location. Please inquire with your gym's staff for details.
- **Children:** Children under 16 years old must be accompanied by an adult in the gym at all times. This applies to all areas, including the pool and sports facilities (if applicable).
- **Safety:**
 - All users must be in good health and physically capable of using the equipment.
 - Aktiv60 is not responsible for any injuries sustained while using the gym facilities.

- Report any damaged equipment or safety hazards to Aktiv60 staff immediately.
- **Hygiene:**
 - Wear clean, appropriate workout attire and footwear.
 - Use a towel when using equipment and wipe down equipment after use.
 - Maintain proper personal hygiene.
- **Respect:** Treat all staff and members with courtesy and respect. This includes avoiding offensive language, discriminatory behavior, or harassment.
- **Personal Belongings:** Aktiv60 is not responsible for lost or stolen items. Please secure your belongings in the designated lockers.
- **External Trainers:**
 - Only Aktiv60 certified trainers are allowed to provide personal training services within the gym.

Gym Etiquette

- **Gym Hours:** Please adhere to the posted operating hours of your specific gym location.
- **Proper Attire and Footwear:** Dress in appropriate workout clothing and footwear for safety and hygiene reasons.
- **Equipment Usage:** Familiarize yourself with proper equipment use before starting your workout. If unsure, ask a gym staff member for guidance.
- **Weight Limits:** Respect the posted weight limits on all equipment.
- **Re-racking Weights:** Re-rack weights after each use to maintain a tidy and safe gym environment for everyone.
- **Towel Use:** Wipe down equipment after use with disinfectant wipes provided. Bring your own towel for personal sweat absorption.
- **Courtesy:** Be mindful of others by limiting your rest periods between sets and keeping noise levels reasonable.
- **Sharing Equipment:** If a piece of equipment is in use, ask politely if you can share or wait for your turn.
- **Recording:**
 - Recording of any kind in the shower areas is strictly prohibited.

- Recording for social media platforms (IG, TikTok, etc.) is not permitted within the gym facilities.
- Recording of other members is prohibited without their explicit consent.

Safety

- **Report any malfunctions or safety hazards to a staff member immediately.**
- **Do not use equipment if you are unsure of its proper operation.**
- **Listen to your body and avoid overexertion.**
- **If you experience any pain or discomfort during your workout, stop immediately and consult a healthcare professional.**

General

- **Additional Facilities (Residential Gyms Only):**
 - Swimming pools, sports facilities, and sports grounds are for the exclusive use of residents.
 - Residents are responsible for following any specific rules posted for these areas.
- **Food and Drinks:** Consumption of food and drinks is generally restricted to designated areas within the gym. Please avoid bringing food or drinks onto the gym floor.
- **Lost and Found:** Any lost items should be reported to a staff member. Found items will be kept at the gym for a designated period.
- **Feedback:** We appreciate your feedback! Please let us know if you have any suggestions or concerns by speaking to a staff member or contacting Aktiv60 management.

By following these guidelines, we can create a positive and productive environment for everyone at Aktiv60. Let's get moving!

Non-Compliance

Failure to comply with these rules may result in the suspension or termination of your membership.

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BOUTIQUE GYM MANAGEMENT

Thank you for your cooperation! We look forward to seeing you at the gym!

Please note: These are general gym rules and may be subject to change. Specific Aktiv60 locations may have additional rules posted on-site. Please refer to signage or contact Aktiv60 management for any questions.