

GYM ETIQUETTE POLICY

Welcome to Aktiv60!

We're committed to providing a safe, respectful, and enjoyable environment for all our members at the various gyms that are under our management. To maintain a positive atmosphere, we kindly ask you to follow these guidelines:

General Conduct:

- **Be courteous and respectful:** Treat fellow members and staff with courtesy and respect always.
- **Maintain a clean environment:** Wipe down equipment after each use. Dispose of all used paper towels and paper products in the designated bins.
- **Respect personal space:** Maintain a comfortable distance from others while exercising. Avoid crowding equipment or blocking walkways.
- **Be mindful of noise levels:** Refrain from loud conversations, shouting, or dropping weights. Use headphones/air pods for listening to music or watching videos.
- **Mobile phones:** Keep phone calls to a minimum and on silent mode and refrain from long and loud conversations.
- **Refrain from profanity or offensive language.**

Equipment and Facility Use:

- **Sharing is caring:** If a piece of equipment is in use, please ask politely to work in or wait your turn.
- **No equipment hogging:** Limit your rest periods between sets to ensure others have access to equipment.
- **Re-rack weights and return equipment:** Put weights back on their racks and return equipment to its designated location after use.
- **Proper attire:** Wear appropriate workout clothing and footwear. Shirts are required for all members. No bare feet, flip flops or crocs on the treadmills.

Safety and Security:

- **Report any safety concerns or damaged equipment to staff immediately.**
- **Children:** Children under the age of 16 must be always supervised by an adult in the gym and pool area.
- **Unattended belongings:** Do not leave personal belongings unattended in the gym or locker rooms.
- **After-hours access:** The gym is accessible only during operational hours. Entry after closing hours is strictly prohibited.

Privacy and Respect:

- **Filming and photography:** Filming or taking photographs of yourself or others in the gym, locker rooms, or pool area is strictly prohibited without written consent from all individuals involved.
- **Locker rooms:** Only one person is allowed in a shower stall at a time.
- **Membership:** The gym is for the exclusive use of residents and staff members with valid memberships. Guest use is not permitted unless prior arrangements are made with management.

By following these guidelines, you contribute to a positive and respectful environment for everyone at Aktiv60 and the gyms under our management. Thank you for your cooperation!