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## \*\* AKTIV60'S RULE BOOK: WHERE THE FUN AND FITNESS COLLIDE \*\*

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### A. THE AKTIV60'S RULE BOOK: BECAUSE WE LIKE TO KEEP THINGS LIGHT AND ACTIVE

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1. We get it, reading rules isn't as fun as a workout, but trust us, they're a big deal. Before you dive into the gym action, we've got a few things to share for your safety, health, and overall enjoyment in our awesome Aktiv60 Clubs.
2. At Aktiv60, rule-breaking isn't a sport. These rules aren't just any rules; they're your official Aktiv60 Contract and are the brainchild of our legal wizards. So, give 'em a quick look. Ignoring them could lead to some serious consequences for your gym experience and even your membership.
3. These rules cover everything:
  - 3.1 Our Clubs (and when we say "Club," we also mean the National Head Office, the Call Centre, or any of our online or social media platforms).
  - 3.2 Our offerings (from online stuff to the real gym experience).
  - 3.3 All the cool equipment and facilities we offer. Keep in mind, that not everything may be available at every Club.
4. Sometimes, individual Clubs may have their own special rules (like when the doors open or close), so be sure to follow those too.
5. Unforeseen stuff happens, and we might need to tweak or pause some rules. If that happens, we'll give you the scoop right here at the Club, online, or on our website ([www.aktiv60.co.za](http://www.aktiv60.co.za)). We promise to keep you in the loop.

### B. WHO'S PLAYING BY THESE RULES?

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1. Everyone – members, guests, tenants, contractors, visitors, and our fabulous staff – everyone's in this rule game together.
2. If you spot someone not playing by the rules, don't put on your superhero cape. Just let our staff know, and they'll handle the situation. Friendly requests are cool, but please don't try to enforce the rules yourself – we don't want things getting too hot.



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## C. STICKING TO THE RULES – NO FLEXIBILITY HERE

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1. Ignoring the rules? That's a no-no. Depending on the situation, we might:
  - 1.1 Temporarily suspend your Contract.
  - 1.2 Ask you to take a breather and leave the Club.
  - 1.3 Deny access to the Club.
  - 1.4 In extreme cases, cancel your membership. Ouch.

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## D. EMBRACE CHANGE, WE DO

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1. We're all about evolving. Club hours and rules might change. No worries, though, we'll give you a heads-up. Check our website ([www.aktiv60.co.za](http://www.aktiv60.co.za)) for updates.

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## E. BEFORE YOU JUMP IN

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1. First-timer? Cool, but we need you (or your little one) to fill out or at least read that medical risk questionnaire before hitting the weights. You'll also need to sign an assumption of risk, which just says you're aware of the workout risks.
2. Follow the guidelines and warnings posted in the Club. Safety first!
3. If you have health concerns, see a doctor. We care about your well-being.
4. Try our free introductory session with a fitness instructor. You'll learn the ropes and get the lowdown on our online goodies.
5. Warm up those muscles for at least 10 minutes before diving into your workout. Skipping that step might not end well.
6. Stay hydrated while you exercise. No food or non-water drinks on the gym floor, though.
7. Leave your bags in the designated areas. We need space to work our magic.
8. Sweating is part of the game. Keep a sweat towel handy and clean up after yourself.
9. If something doesn't feel right – like pain, dizziness, or chest pain – stop and chat with our staff. And if your health situation changes, give us a shout. We care about your well-being, seriously.

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## F. GENERAL FUN RULES

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1. Punctuality is key – enter and leave the Club on time. Club hours may vary, so keep an eye out for changes.
2. Furry friends (except guide dogs) can't join our gym parties.
3. No weapons allowed, unless it's a cop on official business (without the weapon).
4. We're not fans of smoking or vaping. So, please, no puffing anywhere in the Club.
5. Smile! But no photos or videos in certain areas. Respect others' privacy. Don't even think about taking pictures of kids.
6. Leave our equipment alone, no professional photography or video without our written nod.
7. No booze or drugs in our Clubs. We're all about clean fun.
8. No selling stuff or surveys inside the Club. We're here to work out, not to shop.
9. Our name and logo are off-limits for your promotions.
10. Enjoy your workout without detracting from others' fun.
11. Keep it clean and family-friendly. No foul language, please.
12. The manager on duty keeps an eye on things. If you're causing trouble, you might get the boot.

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## \*\* SECTION G: GETTING IN THE GROOVE \*\*

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### 1. \*\*ACCESS DEVICES ARE YOUR GYM-TASTIC TICKET\*\*

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We'll grant you access to the fitness wonderland with an Access Device that's more valuable than a golden ticket. It's like Willy Wonka for gym lovers.

### 2. \*\*SAY CHEESE, FITNESS STAR!\*\*

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When we take your photo for your Access Device, make sure you're gym selfie-ready! This is your fitness passport, after all.

### 3. \*\*SHOW ME THE MAGIC CARD\*\*

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Every time you want to enter our fabulous fitness realm, whip out your Access Device at the entrance. It's the key to the kingdom!



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#### 4. \*\*LOST IN THE FITNESS WILDERNESS?\*\*

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If you lose your Access Device, don't fret. Just notify us at your nearest club, and we'll sort you out with a shiny new one. Unfortunately, we do have to charge a fee. Losing it twice? Well, that's a bit unlucky.

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#### 5. \*\*EMERGENCY BACKUP PLAN\*\*

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If you leave your Access Device at home, your ID or passport can serve as your golden ticket a maximum of three times. After that, it's time to pay up for a replacement.

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#### 6. \*\*NO SNEAKY SUBSTITUTIONS\*\*

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Sorry, no substitutes allowed – not even your look-alike twin can sneak in. Nice try, though!

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#### 7. \*\*UNPAID DUES, SUSPENSIONS, AND FREEZES\*\*

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If your fees are in arrears, your membership is history, or you've frozen your membership, sorry, you won't be let in. Money makes the fitness world go 'round, after all.

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### \*\* SECTION H: BRING A BUDDY \*\*

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#### 1. \*\*GUESTS: FRIENDS OR FRENEMIES?\*\*

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You can bring a pal to pump iron with you, but only if you pay the guest fee or have a nifty promo voucher. They also need to pose for a fitness-friendly snapshot.

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#### 2. \*\*FRIENDSHIP RULES APPLY\*\*

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Your guest needs to follow the gym commandments, too. No slacking off!

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#### 3. \*\*CHAPERONE DUTY\*\*

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You've got to be the guardian angel of your guest. If they misbehave, it's on your shoulders, and it could even affect your gym access. No pressure!



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## \*\* SECTION I: NO ROOM FOR ILLICIT THRILLS \*\*

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### 1. \*\*ZERO TOLERANCE POLICY\*\*

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We're serious about keeping things clean and mean. Any funny business with illegal or performance-enhancing substances is a one-way ticket out of here.

### 2. \*\*NO SECOND CHANCES\*\*

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Breaking the no-illegal-stuff rule will get you an express pass to membership cancellation. No excuses, no exceptions.

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## \*\* SECTION J: GYM ETIQUETTE - THE GOOD, THE BAD, AND THE UGLY \*\*

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### 1. \*\*STAY SOBER FOR SWEATING\*\*

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The gym isn't a pub. Leave the booze and illegal substances at home. If you're not in control, you're outta control, and that's not cool.

### 2. \*\*NO HATE SPEECH ALLOWED\*\*

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Hate, prejudice, and anything that belittles or discriminates are banned, inside the gym or online. We're all about spreading positivity and fitness vibes.

### 3. \*\*BE COOL, NOT CRUEL\*\*

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Don't be a gym bully. No intimidating, threatening, or menacing behaviour is allowed. We're all here to work on our fitness, not our fighting skills.

### 4. \*\*RESPECT IS THE NAME OF THE GAME\*\*

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Verbal, physical, or sexual abuse is an absolute no-no. Play nice; we're all friends here.



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## 5. \*\*KEEP IT CLEAN, FOLKS\*\*

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Hygiene matters. Anything that makes others cringe is a red card offence. Keep it classy, please.

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## 6. \*\*BREAK IT, YOU BOUGHT IT\*\*

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If you, your guest, or your little ones damage something, the repair bill is on you.

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## 7. \*\*ONE AT A TIME IN THE SHOWER\*\*

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Showers are for one person at a time. It's not a spa party in there.

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## 8. \*\*DON'T TARNISH OUR NAME\*\*

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Don't drag our good name through the mud. We're all in this fitness journey together.

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## 9. \*\*SPREAD THE JOY, NOT THE ANNOYANCE\*\*

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Keep the good vibes rolling. If you're ruining the fun, you might be doing it wrong.

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## 10. \*\*KID-FRIENDLY ZONE\*\*

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We're family-friendly, so keep it PG. No obscene language, gestures, or clothing. Save that for the biker bars.

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## 11. \*\*MANAGER'S WORD IS LAW\*\*

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The manager on duty keeps the peace. If they say your behaviour doesn't jive with our vibe, it's hasta la vista, baby! In extreme cases, it's hasta la membership, too.

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### A. DRESS TO IMPRESS (OR NOT)

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1. Gear up in proper workout attire, folks! No shirtless gym antics, please, gentlemen. And leave those flip-flops at home. If you're puzzled about the right gym attire, don't be shy; just ask.

2. Remember, Rule J10 when choosing your workout outfit and don't forget Rule C12 for those quick costume changes.

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### B. PARKING: THE GYM'S VERSION OF TETRIS

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1. Parking is strictly for our fabulous members and their guests enjoying the gym. Any parking fees are on you, so don't forget your wallet.
2. Stick to the designated parking spots, and please avoid those handicapped or "moms and tots" spaces if you don't qualify.
3. A warning: If your parking job isn't up to snuff, expect a clamp and a fee to get your ride back.
4. Common sense alert: Keep valuables out of sight in your car.
5. Our parking lot is a Wild West; we can't be blamed for any losses or damage to your car or stuff left inside.

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### C. LOCKER ROOM CHRONICLES

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1. Lockers are like gold dust – grab one if you can.
2. Smaller lockers for your treasures (yes, we know your phone is your treasure) are here but use them at your own risk.
3. Invest in a couple of good padlocks - one for the treasure chest and another for your workout gear.
4. Lockers won't guarantee the safety of your stuff, so make sure to (i) lock them up tight and (ii) check if your insurance has your back.
5. We can't play hero if you lose your cash or your stuff in the lockers.
6. Be clever – never leave your stuff unattended, and report lost items to our trusty staff.
7. Lockers are for your workout gear, not your secret stash. We'll bust them open if we suspect foul play.
8. Remember, lockers are for in-gym use only. No overnight stays, folks!
9. If you forget your stuff overnight, don't be surprised if we ship it to the lost property box.
10. Lost and forgotten items stay in the lost property box for 14 days, and then we spread the love by donating them to charity.
11. Gender-neutral change rooms exist for a reason, and you better follow the rules in Rule EE.8 if you have kids over 4.
12. Please, out of courtesy for everyone, keep designated change rooms for undressing and changing.

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### D. GYM EQUIPMENT: HANDLE WITH CARE

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1. Let's keep it simple: use the equipment as intended. And when in doubt, ask for help.
2. Don't mess with broken or out-of-order equipment. Safety first!



3. Safety devices are your best friends, always use them.
4. Weight pin goes all the way in, folks, no shortcuts.
5. Weights aren't LEGO blocks; don't get creative with them.
6. Treadmills aren't a stunt show - make sure that the belt is motionless before stepping on or off.
7. Handle equipment with TLC, and return it when you're done.
8. Super Circuit enthusiasts, go with the flow – follow the timer and the order.
9. Some machines have timers; respect them so everyone gets a turn.
10. No reserving equipment, even if you leave your sweat towel or your imaginary friend.
11. You can bring your gear, but be cool. Only small personal items are allowed and don't attach them to our stuff. And no marketing your inventions to fellow gym-goers! We can revoke this privilege if needed.
12. Get the lowdown on junior members using the equipment and training floor in Rules EE, FF, and GG.

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### E. LET'S DANCE (OR SPIN, OR YOGA)

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1. Time to book a class, peeps!
2. Use our website or app to book - no calling us or bribing the receptionist or walk in where allowed.
3. Only one booking per class, per person. Sorry, no double-dipping.
4. Right now, 80% of class spots are open for online booking, but soon it'll be 100%. We'll keep you in the loop. The last 20% is first-come, first-served, 30 minutes before class.
5. You can book up to 8 classes in an 8-day cycle - go wild!
6. Booking closes 30 minutes before class. If spots are left, you can grab them in person.
7. Your booking secures a spot but not a specific one or equipment.
8. Sometimes, you can book a spot or equipment - we'll tell you when.
9. Punctuality matters, so show up 5 minutes early, or someone else might snag your spot.
10. Can't make it? Cancel at least 3 hours before class on our website or app.
11. Repeated no-shows or late cancellations may get your booking privileges revoked.
12. Class schedules and instructors change, so keep an eye on the board, our website, or the app.
13. Let classes have their moment. Don't disturb them or your fellow gym-goers.



14. If you're not in the class, stay clear of it.

15. Play nice in class, follow the instructor's lead, and keep disruptions to a minimum.

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#### F. KID'S PLAY (OR NOT)

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16. Junior members aged 7 or younger can't join adult group exercise classes unless we say so.

17. Sometimes, junior members aged 8-13 can join adult group exercise classes under supervision.

18. But, no Mind & Body, indoor cycling classes for juniors under 13. Stick to the kiddie classes, champs!

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#### \*P. POWER PLATE - SHAKE IT LIKE YOU MEAN IT\*

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1. **\*\*Warning!\*\*** First things first, please take a moment to read the warnings and guidelines posted near our Power Plate equipment. Ignoring these is like flirting with a treadmill - it might not end well.

2. Feeling a bit uncertain about your health? Consult a doctor. They're like the Google of your well-being.

3. Sorry kiddos, no Power Plate for those under 14. Age comes with privileges, after all.

4. Teens aged 14 to 17 can Power Plate it up, but only under the watchful eye of one of our certified fitness gurus.

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#### \*Q. INDOOR CYCLING - WHERE BIKING MEETS BOOGIE\*

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1. Confused about class bookings and such? Don't worry; see Rule OE (it's like the secret scroll) for the lowdown on group exercise classes.

2. Check your shoelaces, folks! We don't want you getting tangled up in the pedals. And remember, tucking your pants into your socks is an excellent fashion statement.

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#### \*R. BOXING, SKIPPING, AND KETTLEBELLS - JAB, SKIP, SWING\*

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1. It's not a free-for-all in here, folks. Keep an eye on your surroundings when you're throwing punches or swinging kettlebells. No one wants to be knocked out by a rogue kettlebell.

2. Feel like a boxer? Wrap those hands and throw on some gloves before wailing on the punching bag.

3. No skipping for the little ones! Junior members under 14 need to find another way to burn off their energy.



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### \*S. THE GRID - WHERE THE SWEAT FLOWS FREELY\*

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1. For the skinny on group exercise classes, age rules, and other shenanigans, refer to Rule E. It's your trusty classmate for all things group exercise.

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### \*T. OUTDOOR AND ROOFTOP TRAINING AREA - WHERE THE SUN SHINES AND WEIGHTS LURK\*

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1. Rain, thunder, and lightning? Leave the outdoor area alone - it's not waterproof! Wet equipment is like wet socks, best avoided.

2. Hot enough to fry an egg? Protect yourself from the sun and hydrate. And remember, no climbing over walls or fences - this isn't a parkour class!

3. Hands off the weights and equipment; they've got their own space.

4. When working out in the outdoor area, don't count on a babysitter. It's like the Wild West out there.

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### \*U. SQUASH COURTS - SQUASH AND SQUEEZABILITY\*

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1. Court time is 45 minutes; no need for an all-day date.

2. Only one session at peak times, please! We've got to share the love.

3. Book your court online, but don't dawdle - bookings close five minutes before the start.

4. Be punctual! If you're not at your court five minutes before your booking, it's open season for other squash enthusiasts.

5. Squash shoes are the only shoes allowed on the courts - no tap dancing, please.

6. Junior squash champs under 14 need a parent or guardian cheering them on.

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### \*V. SWIMMING POOL - DIVE IN, DON'T DIVE BOMB\*

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1. There's no lifeguard on duty, so keep it safe and watch out for one another.

2. Kids under 14, your parents are your lifeguards here. Stay close, and no pool parties without their watchful eyes.

3. The pool area can be slippery when wet. Don't blame us if you pull a movie-style tumble.

4. Swim with some decorum, folks. Shower before diving in and wear your pool attire (yes, even if you're bald).



5. No cannonballs or running around the pool. We're not auditioning for a sitcom.
6. Hypoxic training is a no-go; we like to keep our swimmers breathing.
7. If you're not feeling your best, stay out of the pool. We don't need any waterborne surprises.
8. Leave the floaties at home; we've got plenty to share.
9. Little ones need waterproof diapers or swim trunks. We like surprises, but not in the pool.
10. Safety first! Babies and tots must wear secure flotation devices.
11. Some lanes are for swim schools - check the board for details.
12. Splash classes get priority too; consult the schedule.
13. Save the glass for your kitchen. It's plastic-only in the pool area.

### \*W. SAUNA, STEAM ROOM, SPA BATH, AND AQUA LOUNGE - STEAMY ESCAPADES\*

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1. If you're a health risk, don't steam it up. We like things hot but not too hot to handle.
2. Junior members under 14, these areas are off-limits - stick to the kiddie pool, and champs.
3. We're watching - we've got CCTV and emergency buttons at the ready.
4. Some steamy etiquette: shower first, sit on a towel, and no tech allowed.
5. Don't overstay your steamy welcome, and no oils or exfoliation.
6. No gear drying in the sauna; it's not a laundry room.
7. No touching the hot rocks - they're hot (surprise!).
8. Watch your step; these floors can be slippery.
9. Keep your bathing suit on; we're not in the business of swimsuit optional.

### \*X. HAIR AND HYGIENE - NO HAIR DRAMA ALLOWED\*

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1. Don't leave a hair trail in the showers; it's a drain blocker. Shave in the right spots only, and follow the rules:
  - No shaving in saunas, steam rooms, spa baths, or the aqua lounge.
  - Gentlemen, stick to the head and face shaving at the basin.
  - No DIY haircuts; we're not a salon.



- Clean up after yourself; no hairy messes!
- Wrap your razors before tossing them.

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### \*Y. ANTI-GRAVITY YOGA - FLYING HIGH AND SAFE\*

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1. Leave the bling at home; jewellery can be a hazard. And if you've got piercings you can't remove, cover them up with plasters. We're here to protect your sparkle.
2. Armpits must remain covered for hygiene reasons. No one likes unexpected showers.

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### \*Z. PERSONAL TRAINING - YOUR FITNESS, YOUR WAY\*

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1. We've got a line-up of expert trainers, and you can find them on our app or at the front desk. They're your fitness fairy godparents.
2. Only our authorized trainers can provide personal training. No DIY training sessions, even if you're feeling extra motivated. Our Club Manager is on patrol.

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### \*AA. SAFETY - KEEP CALM AND CLUB ON\*

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1. Don't mess with the fire doors or safety devices; that's not how you make friends.
2. Read the health and safety notices posted - they're there for a reason.
3. In an emergency, listen to the staff; they're the experts.
4. Hold those handrails when using the stairs - it's like a ride without the fun.
5. Watch your step; our floors are as diverse as a chessboard.
6. Maintenance zones can be hazardous - proceed with caution.
7. If you see something, say something. Report any injuries, incidents, or hazards to the staff.

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### \*EE. RULES FOR OUR LITTLE ONES (AGES 0-7)\*

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Ah, the kiddos! Here's what our youngest members can and can't do:

1. **\*\*Swimming Splash:\*\*** Check out Rule V, specifically V.2, to dive into the details of pool time for these tiny mermaids and mermen.
2. **\*\*Squash Time:\*\*** See Rule U.7 for the scoop on squash court adventures for our little champs.
3. **\*\*Tech Exploration:\*\*** Rule **F.9** is your guide for using our fancy Internet station computers.



4. **\*\*Stay Off the Grown-Up Stuff:\*\*** Sorry kiddos, no training floor or equipment for you. It's all about safety!
5. **\*\*Group Giggles:\*\*** If you're aged 0-7, peek at Rules **O.15** and **O.17** for your group exercise class options.
6. **\*\*Spa Day:\*\*** Check Rule W.2 to see if you can join the big kids in the saunas, steam rooms, spa baths, or aqua lounges.
7. **\*\*Change-Room Etiquette:\*\*** For ages 0-4, you can visit any change room with your parent/guardian. But after 4, you've got to stick to your gender-specific change room.
8. **\*\*Family Change-Room:\*\*** We've got a 'family change-room' for those needing extra help from a parent/guardian.
9. **\*\*More Exceptions:\*\*** See Rules P.3, R.3, S.4, and T.6 for all the ins and outs of other activities.

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## \*FF. MIDDLE SCHOOL EXPLORERS (AGES 8-13)\*

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Older but still young, here's what's in store:

1. **\*\*Swimming Skills:\*\*** Rule V.2 will tell you how you can make a splash in the pool.
2. **\*\*Tech Savvy:\*\*** Internet station computers are your playground, as explained in Rule F.9.
3. **\*\*Squash Superstars:\*\*** See Rule U.7 for your path to squash court glory.
4. **\*\*Training Floor Tango:\*\*** You can use most of the cardio equipment (but not the fancy treadmills or ski ergometers). Just make sure a parent/guardian is your workout buddy.
5. **\*\*Stretch Zone:\*\*** You can stretch, but stay away from the fancy equipment, unless you're with a grown-up or in special programs.
6. **\*\*Training Floor Triumphs:\*\*** Generally, you can't roam the training floor, but there are exceptions for supervised activities and classes with fitness pros.
7. **\*\*Group Groove:\*\*** Find out about limited participation in group exercise classes in Rules O.16 and O.17.
8. **\*\*Mind & Body Moments:\*\*** Special rules apply for Mind & Body/Indoor Cycling classes.
9. **\*\*Spa Serenity:\*\*** Get the lowdown on using saunas, steam rooms, spa baths, and aqua lounges in Rule W.2.
10. **\*\*Even More Exceptions:\*\*** See Rules P.3, R.3, S.4, and T.6 for all the deets.

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## \*GG. TEEN TITANS (AGES 14-17)\*

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Teenagers, it's your time to shine:

1. **Swimming Strokes:** If you can swim, the pool is yours. Dive into Rule V for the full story.
2. **Squash Sensation:** Get your game on at the squash courts.
3. **Tech Time:** Surf the internet in style with our computer stations.
4. **Training Floor Takeover:** All equipment is fair game, except the Power Plate (Rule P.4 explains).
5. **Group Glory:** Join in on any group exercise, Mind & Body, or Indoor Cycling class.
6. **Spa Serenity:** Relax in the saunas, steam rooms, spa baths, and aqua lounges.

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## \*HH. THE FINISHING TOUCH\*

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And lastly, a few essential pointers:

1. **Off-Peak Goodness:** In some places, we have off-peak memberships. Check out these special hours and get fit without the crowds. Students might even score extra time in the evenings.
2. **Get in Touch:** For any questions or info, reach out to your home Club or email us at [hello@aktiv60.co.za](mailto:hello@aktiv60.co.za) Visit our website too.
3. **We Call the Shots:** Membership approval is our call – we've got the final say.
4. **Got a Gripe?** If you have any complaints, talk to the Manager on Duty or drop a note in our suggestion boxes. You can also reach out online via our website.
5. **Right of Admission:** Remember, we're picky about who enters our realm. Safety first!

Stay active, stay fabulous, and let's rule this fitness world together, Aktiv60 style! That's the Aktiv60's Rule Book, where fun and fitness meet! Enjoy your journey to a healthier you while following these groovy guidelines.

Now, get moving and have a blast at Aktiv60! We've got your back. 🙌👊