



# SUSF Fitness Centre Etiquette

Please follow these simple steps to provide a great fitness experience for you and other members:

**Bring a full length towel with you each and every time – if you do not you will be asked to hire one from the front desk**

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

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

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**Return weights and equipment after use**

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

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**Be willing to work with other members to share equipment**

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**Make your wristband visible to gym staff**

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**Refrain from foul language and intimidating behaviour**

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**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.

Complimentary fitness assessments and personal programs are available to all 3, 6 and 12 month pass holders (which include complimentary updates depending on the length of your pass). All you need to do is book in with fitness or reception staff.

**Thank you**