

AVANTIDROME

LifeFitness
ZONE

CONDITIONS OF ENTRY

- Clothing - training clothes with closed shoes or trainers must be worn.
No jeans, loose fitting clothes or jandals
- Ensure you bring along a water bottle and sweat towel
- Long hair needs to be tied up
- Stack your weights after use
- Replace all equipment after use
- Clean equipment after use
- Any removal of equipment from the gym will result in immediate suspension of membership
- Report broken or damaged equipment to reception
- Report accidents/incidents – ensure you complete an accident/incident form at Reception
- Be considerate of others using equipment during peak time. Be prepared to alternate
- Understand there will be music during Avantidrome specific classes
- Do not use speakers in Gym, use your earphones for your music
- Children under the age of 16 years must be actively supervised by an adult at all times