

GYM RULES

To help us ensure Alpine Health & Fitness has a welcoming, safe and friendly atmosphere for our community, the following rules must be observed

- Swipe your membership tag every visit (for both gym use and group fitness classes)
- Place your personal items in lockers or cubby holes provided. Bags are not allowed in the gym or group fit studios
- Appropriate gym attire must be worn. No jeans, street wear, construction work wear, jandals, work shoes or boots. Footwear must be exercise appropriate as deemed by QLDC gym staff. Shoes must be worn at all times with the exception of stretch area and deadlift/ squat platforms
- Bring a sweat towel to every visit to the gym or group fit classes. Use your towel on all equipment, benches and mats at all times
- Spray and wipe down all equipment before and after use
- Use collars on all free barbells. Staff are available for spotting
- Do not drop weights. Replace them gently or asks staff for assistance
- Return weights to their original rack after use
- Reduce the use of your phone to a minimum. Taking photo or video of others without their prior approval is not permitted
- “Working in” or sharing equipment between sets is encouraged
- Abusive and offensive language, threatening or overtly loud behaviour and/or discrimination of any kind is not tolerated
- Training under the influence of drugs or alcohol is not permitted
- Under 16s are not permitted entry unless accompanied by a qualified personal trainer or strength and conditioning coach with prior approval from gym supervisor
- The gym space is for personal, recreational purposes. Personal training allowed by QLDC approved contractors only. No soliciting of clients allowed
- Physiotherapists, strength & conditioning coaches or similar health professionals who utilise the gym facilities in a professional capacity must comply with correct procedures before entering the gym, including:
 - payment for entry accompanying your client is at the special casual or special concession rate (see Customer Services for current pricing). Personal memberships may not be used for professional visits.
 - The client must also pay for their entry to our facilities with a membership, concession or casual entry, prices are online; qldc.govt.nz/recreation/gym-group-fitness

- Removal of gym equipment from the gym or group fit studio is not permitted
- Tampering with equipment is not permitted
- Members must adhere to reasonable requests of staff
- Failure to follow any of the above rules may result in termination of the members' contract.

Alpine Health & Fitness is a community facility welcoming a broad range of customers. Our wide variety of group fit classes and gym equipment & facilities accommodate our diverse customer's preferences and supports our vision; more people, more active, more often.