

UPDATE – GYM USERS

Enhanced cleaning procedures for the gym and new operating/cleaning schedule

A gym is an abnormally damp environment where sweat creates moist conditions ideal for germs, bacteria, mould, mildew and viruses. And while you can't stop the sweating (*which after all is the reason for a gym*), we can make sure our premises are spotlessly clean at all times.

- **Cover any cuts** – if you have any cuts or broken skin, cover them with a bandage before you go to the gym.
- **Take your own towel** – this will help reduce your sweating and provide a barrier between your body and the equipment. You should always wash your towel between visits.
- **Wipe the equipment down** – use the wipes and surface cleaner provided to wipe down the equipment before you use it and afterwards as a courtesy to the next user.
- **Clean your mat** – if you use a yoga or fitness mat, make sure you clean it regularly.
- **Wash your hands** – wash your hands thoroughly after you've been to the gym, particularly before eating or preparing food.
- **Stay away when you're sick** – don't go to the gym if you've got a cold, flu, gastro or any other contagious illness to avoid spreading it to other gym patrons.
- **Equipment not to be removed** – all gym equipment must remain within the building at all times.

Please use disinfectant and paper towel provided to wipe down equipment before and after use. Due to high demand on disinfection and paper towel products please use responsibly.



Operating Hours:

DAYS	OPEN
	Members only
Monday	24/7
Tuesday	24/7
Wednesday	24/7
Thursday	24/7
Friday	24/7
Saturday	24/7
Sunday	24/7

Use of the gym is **unsupervised**, and therefore at the risk of the user.