

GYM RULES

- Prior to using the gym, all members must complete the medical questionnaire, as part of the online joining process. You must use your own individual PIN each time you enter the gym. Please do not share this PIN as this may result in entry being denied or membership terminated. CCTV is in operation for your safety and security. Any aggressive behaviour towards other gym members or towards team members will not be tolerated and may result in your membership being terminated. Please be respectful and polite in the gym, at all times.
- All members are required to use a towel and cleaning spray bottle provided by Thrive Gym to clean equipment after use.
- If you are unsure how to use any equipment in the gym please ask a team member who will be happy to demonstrate how to use the equipment or to adapt your form. Thrive Gym will not be responsible for any personal injury whilst using the gym, save for injury caused by neglect.
- Please replace free weights on racks after use.
- Do not throw or slam any weights on the floor, if you cannot use the weight correctly and safely please select a lighter weight. Please wear appropriate gym clothing whilst in the gym, flip flops, jeans and dirty clothing or muddy trainers is not acceptable to train in.
- Lockers are provided in the changing rooms and on the gym floor. For the safety of all members, please ensure all bags are put away and not left on the gym floor.
- We advise you to keep any valuable items on your person or leave them at home, Thrive Gym will not accept responsibility for any loss or damage incurred at the gym.
- Smoking, cigarettes or E-cigarettes are not permitted in any area of the gym or outside the gym, especially adjacent to windows and entrances.
- You may not use the gym whilst under the influence of alcohol or drugs, Thrive Gym reserves the right to refuse admission or to remove members from the gym if we believe they are under the influence of alcohol or drugs.
- Only Thrive Personal Trainers are permitted to train members whilst in the gym.
- Only guide dogs are allowed in the gym.
- Please don't be late for a class, you may be refused entry if the class has started and joining the class after the start poses a risk to others.
- Please do not take photographs whilst in the gym including selfies and ensure you do not post anything on social media involving other members, without their consent.
- Please see the website for full Terms and Conditions