**La Palestra Health and Fitness Rules:**

Our membership rules have been created so that every member can enjoy our facilities whilst remaining safe. We want you to always have an enjoyable experience whilst in the Gym.

As a new Gym we will amend these rules from time to time based on your feedback and changes to our processes and Government guidelines.

As a member of La Palestra Health and Fitness we ask that you agree to the following:

* Will you please bring your membership card with you each time that you use the gym?
* When you first join La Palestra Health and Fitness, please complete your induction with a member of staff – doing this will ensure you know how to use all our items of equipment relative to you.
* Please do not take any bags onto the Gym floor and we would appreciate you not using you telephone or texting while on the Gym floor.
* We ask that no photographs or videos of any kind be taken on the premises and that you do not post any imagery or negative remarks on social media.
* Handle ALL weights with care and please do not throw or drop them down on the floor anywhere in the Gym.
* Using a locker to store your belongings when you are exercising is the best way of securing your personal items. The management is not responsible for any personal belongings stored in the lockers.
* Please wear suitable clothing and footwear when exercising (denim, bare feet, flip-flops, boots or a bare torso are amongst the range of clothing choices that are unsuitable). At the discretion of the management team, we may ask any member not wearing suitable attire to leave the |gym.
* Using the Gym equipment in the proper manner, ensuring no harm to yourself or others ensures a pleasant experience for everyone. If you are in doubt about how to use any equipment, please ask a member of staff who will always be delighted to help you.
* Please do not engage in any exercise activity that may be potentially harmful to you or others (This includes contact sports such as Martial Arts and boxing unless this is with one of our personal trainers).
* We supply fire extinguishers to help evacuation of the building in the very unlikely event of a fire. However, we ask that extinguishers are not tampered with, misused and more specifically not used to block or interfere with fire, emergency, or disabled access doors (except in a genuine emergency).
* Please do not conduct any Personal Training business with other members. If you wish to use La Palestra Health and Fitness as a base for your Personal Training Business, please ask the management. We are always happy to consider entering into an agreement with other Personal Trainers.
* Please do not park your bicycle, scooter or other form of mobility equipment in an unsafe or inappropriate location. This includes placing items against the Gym windows, either internally of externally.
* Please do not consume food of any type on the Gym floor and always place your litter in the bin.
* Please do not use the Gym whilst under the influence of alcohol, narcotics, tranquilizers or use any other medical substance which may affect your ability to exercise safely on our premises. La Palestra Health and Fitness reserves the right to remove you from the premises if it reasonably believes you are unfit to use the facilities.
* We will not tolerate any type of criminal behaviour whilst on our premises and we remind All members that aggressive, abusive, intimidating, antisocial or threatening behaviour or behaving in a manner that might cause distress to Staff or Members is no to be tolerated at La Palestra Health and Fitness.