

GYM RULES

Please Note that Gym Equipment and Exercise generally is innately dangerous and as such persons using this Gym must exercise extreme caution at all times –
if in doubt **DON'T DO IT!**

To minimize these dangers it must be noted that this is **NOT** the place for people who are:

- Underage
 - Persons under 18 years of age must be under the supervision of a suitably qualified adult.
- Inexperienced
 - If you have not used a particular piece of equipment or received tuition on a particular exercise you must assume you do **NOT** know how to use it correctly.

Please also note the following

- No shoes , No shirt, No towel - **NO GYM.**

By Order Gym Committee