



## GYM RULES

As a member of our gym, you agree to the following –

- 1) Towels are compulsory when training for personal hygiene
- 2) Remove chewing gum prior to workout for personal safety and hygiene
- 3) Cardio Equipment – channels 2 and 4 are tuned, you are to supply your own headphones
- 4) All weights and equipment must be put away after use to ensure a safe and tidy gym for other members
- 5) We are trying to reduce our carbon footprint, please avoid wasting un-necessary paper-towels in the bathroom
- 6) All members are to scan their membership tags prior to entering the gym
- 7) Put away belongings in the supplied cubicles prior to workout
- 8) Please be mindful of time spent on cardio equipment; Make a judgement that is fair and reasonable for both. If there were people waiting to use your piece of equipment, inform them of what you have left then discuss a reasonable outcome. Gym floor staff are to be notified if a reasonable outcome cannot be achieved, whereby they will make the decision in the best interest of both parties.

### CIRCUIT –

- 9) 1M1B **WAS** an ongoing continuous CIRCUIT prior to new 1M1b ownership. We still house members that use the circuit concept. We do accommodate their needs to move stations every 75 seconds. However, there may be times when members on *new strength programs*, may be on pieces of equipment in the middle of their strength set, when the siren sounds.

We ask in this instance, the Circuit member move to the next available piece of equipment/station for that round, then come back to the station that was being used by another member at the time, afterwards when it is available.

We also ask, that members on *new strength programs*, do not sit on the strength equipment for multiple sets or extended periods, and to allow other members to use the equipment for their set in between.

### PERSONAL TRAINING –

- 10) If a member needs to cancel a pre-booked Personal Training session, please notify the club immediately.
- 11) If less than 24 hours of notice is provided in writing or via phone, is **received** by a team member during business hours, a late cancellation fee equivalent to 50% of the purchase price of a session will apply. If we do not hear from you, we assume the session booked is proceeding where normal fees apply.
- 12) If less than 12 hours of notice of cancellation is provided in writing or via phone, is received by a team member during business hours, a full fee for the session will apply. If we do not hear from you, we assume the session booked is proceeding where normal fees apply.
- 13) We cannot accommodate everyone's schedules, understand that if you are late, this time cannot be extended beyond your initially booked finish time.
- 14) If you are early, come in, warm up to get the most from your personal training session!

### CLASSES –

- 15) We offer over 50 classes each week at 1M1B. We understand not all will have regular/consistent participants.
- 16) We require a **minimum 3 participants** to run a class; rally up your friends to come with you!

- 17) If **ONE person** shows up for a class only - They are entitled to a heavily discounted Personal Training Session covering their own personal needs/requests - for that class time - at the rates listed below –

**\$40 - 1 hour (normally \$90)**  
**\$20 - 30 minutes (normally \$50)**

- 18) If **TWO people** show up for the class, they are also entitled to a heavily discounted 2 on 1 Personal Training Session covering their own personal needs/requests - for that class time - at the rates listed below –

**\$25 each – 1 hour (normally \$50 each)**  
**\$15 each – 30 minutes (normally \$30 each)**

- 19) If you elect to not engage the discounted personal training service available, you are most welcome to use all gym facilities for your own strength and exercise programs regardless.

**COMPLIMENTARY APPOINTMENTS –**

- 20) If a complimentary appointment is not attended to, you are forfeiting this free time, and may not re-schedule unless satisfactory documentation regarding the no-show can be provided.

**GENERAL –**

- 21) We are a women's only gym, however men are welcome to engage personal training services in our private studio (closed off from the main gym) with a personal trainer via appointment.
- 22) 1M1B is a warm, friendly, clean and comfortable, training environment, and we endeavour to greet everyone with a kind smile, and to provide positive encouragement to you all.