

# Fitness Centre Rules

CENTRAL-FITNESS CROMWELL LTD

1. Respect the facility & the equipment.
2. Use equipment @ your own risk.
3. Proper attire must be worn. ie: sneakers
4. Know your physical limitations.
5. Be respectful of staff & other members.
6. Use safety phone when required to.
7. U18 permitted with management consent.
8. Access keys are used by members only.
9. Report damaged equipment immediately.
10. Alcohol & illegal acts will not be tolerated.

Emergency?? Call 111