

Rules of conduct and training regulations at Fitness24Seven (F24S)

The premises are intended for activities related to training and may be used by members exclusively for these activities. In order for us to guarantee a comfortable and safe training environment for all our members, the member must follow the rules of conduct and training regulations given in this document and by our Staff along with instructions given with the training equipment.

- Please behave in the way that does not disturb other members or our Staff.
- Please take off your outdoor shoes at the entrance. You can store them in the locker or in the shoe racks at the entrance. After the entrance area, it is forbidden to use any other than clean, training shoes that have been only used inside.
- Please wipe the machine after use either with your own towel or with the paper and cleanser we offer at the facilities. Make sure you put equipment back to their own place after using them, so they're easily available for everyone.
- Work out efficiently considering others, I.e. do not reserve equipment.
- Taking pictures of other people is forbidden in the facilities. Please make sure that other members or Staff are not visible in your pictures without their permission.
- Please do not use magnesium in our facilities, this concerns also liquid magnesium.
- You can store your belongings in the locker only during your work out. Please empty your locker when you leave the facility. The Staff empties the lockers at regular basis and applies the current law regarding lost and found items.
- When training between 10pm and 8am, show extra consideration to possible neighbours at the property and other people in the vicinity of the premises. Talk in "normal" conversational tone, do not drop weights or weight machines without following along in the movement.
- Please keep your membership card easily reachable for possible membership checks.
- Using or possessing alcohol, drugs or other forbidden substances such as anabolic steroids at F24S facilities is forbidden.
- Only Fitness24Seven's staff is allowed to train our members in our facilities.