



GYM RULES & REGULATIONS

Below are a few gym rules and regulations that all members must abide by:

Timings

Monday–Saturday: 5:30 am – 11 pm

Sunday: 8:00 am – 11 am

Holiday: First Sunday of Every Month

General Policies

We aim to maintain a safe, clean, and welcoming environment. Disrespectful behavior—including vulgar, aggressive, or inappropriate conduct—toward members, guests, or staff is strictly prohibited. NOTE- Tobacco in any form is not allowed. Only water is permitted—no gum or food.

Do not bring anything valuable (We are not responsible for any lost or stolen items). Lost and found items will be discarded if not claimed within 2 weeks from the day the item was found.

Attire and Shoes

Proper workout attire (shorts, t-shirts, sweatpants, sweatshirts) should be worn. No inappropriate or vulgar words or graphics may be worn. Jeans or pants with buttons, hardware (zippers/rivets), and straps are also not allowed. Dirt must be removed from shoes before entering the facility.

Cardio Equipments

The cardio equipment is available on a “first-come, first-serve” basis. You may use the equipment for 20 min or less at a time during peak hours. Please wipe down the machines after your workout using the wipes provided at the facility. It is strongly recommended you bring a personal workout towel. It is the individual user’s responsibility to clean up cardio equipment after excessive sweating.

Free Weights

Return and Rack all weights (plates, dumbbells) after use. Do not drop the weights or lean them up against anything. We highly recommend a personal towel to wipe off the upholstery after your use.

Membership

Membership Agreement: Clearly state in your membership agreement that there will be no refunds, extensions, or transfers under any circumstances. Make sure members read and acknowledge this clause before signing up.

Violation of Rules

If any member violates any of the policies, Workout Zone Gym Management has the right to revoke memberships. A violation may also cause to terminate the membership according to the terms of the membership agreement.

Date: _____.

Sign: _____