

OXYGEN

- FITNESS STUDIOS -

To ensure a great gym experience, we ask that you follow a few simple requests

THE LONE WOLF

Training is a great way to refocus and many of us like to train solo. If you do, remember to:

- Train smart
- Stay hydrated
- Have a meal before you train (don't skip breakfast)
- Be aware of your surroundings
- Train within your limitations
- If you feel faint or unwell stop and seek help

KINDNESS IS COOL

Respect the space and respect the people around you. Treat everyone the way that you would want them to treat you. Stay cool. Be kind.

REPORTING FOR DUTY

Don't you just hate it when something is broken? Or someone's behaving inappropriately? Us too! So please be sure to tell us about it by contacting our Community Support Team on 22094 or at Pollock Halls Reception.

CLEAN... YES PLEASE!

You found it clean. Let's leave it clean (and tidy). Remember to disinfect equipment before and after use. If you are strong enough to lift the equipment, you're strong enough to return it to the place you found it. Let's work for each other.

IN THE KNOW

These 5 simple steps are here to guide you and ensure you have a great (& safe) work-out. If you have any concerns around your health, please check with a medical professional prior to exercise.