Get Fit Rules

For your safety, it is required that you observe the following:

- Registered guests only.
- Individuals utilizing this facility do so at their own risk.
- Individuals should not undertake exercise routines unless physically qualified and have a physician's approval to do so.
- It is highly recommended that the following individuals not use the exercise equipment:
 - -persons under the influence of alcohol, stimulants or depressants
 - -unsupervised children under the age of 16
 - -children under the age of 14
- Should you need any assistance please contact the Front Desk.
- Equipment should be used in the presence of others.
- Shoes and appropriate exercising attire are necessary.
- Smoking is prohibited.
- Always practice safety and courtesy to others.
- Report any unsafe conditions to the management.

Thank you for your attention and cooperation.

Poorly Written Instructions Manual

R Bogdan

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