

RULES - GLASSHOUSE GYM

Revision approved by Community Association Committee 10 April 2024

1. Gym hours 5am - 11pm Monday to Sunday.
2. Only residents are permitted to use the gym, except that a resident may employ a personal trainer to accompany her/him, to assist in the use of the equipment. It is the responsibility of the resident to ensure that the service provider complies with relevant legislation – e.g. public liability insurance.
Residents employing a personal trainer must be mindful of other residents using the gym. If it would be overcrowded with the addition of the trainer the resident should consider an alternative exercise routine or an alternative time.
3. A personal trainer may only work with 1 or 2 people at a time.
4. Boxing gloves may not be used in the gym.
5. Mobile phone conversations and loud personal conversations may not be held in the gym.
6. Children under 12 years must be supervised by a responsible adult (18+ years).
7. Equipment is used at your own risk.
8. Time limit of 30 minutes per machine.
9. Hands must be sanitised before entering the gym.
10. Towels must be used on equipment when working out.
11. Equipment is to be wiped down after use.
12. Users must wear suitable sporting attire and enclosed footwear.
13. Equipment must not be moved or removed from the gym.
14. All clothing and items to be taken away from the area upon completion of workout.
15. If you intend to go for a swim, shower before entering the pool.
16. No audible sound systems are permitted (use headsets).
17. Report any equipment not working or damaged to the Resident Services Management in the Estate Management office.

ALERT

Persistent or serious infringement of rules may result in access to the gym being blocked for a period of 3 months.