



Conduct

- Patrons must respect their fellow Group Fitness users at all times.
- Patrons must observe directions/instructions given by Sport UNE staff.
- Derogative comments or abusive language will not be tolerated.
- Inappropriate or disruptive behaviour will not be tolerated.

Access

- Patrons are encouraged to book in advance for all Group Fitness classes.
- Access to Sport UNE's Group Fitness classes is available **after** your admission is recorded (card swiped/ scanned at the Customer Service Reception desk, payment tendered, etc) and you have received your payment receipt from the Customer Service Team member. Entry will not be granted if you do not have your Group Fitness receipt to present to the instructor.
- Towels must be taken into all Group Fitness classes. Patrons are also encouraged to bring a water bottle with them during their workouts.
- Please arrive to your Group Fitness at least 10 minutes early to ensure you can participate in the warm-up preceding the Group Fitness workout. Please also ensure you don't leave the class early, as participation in the cool-down is essential to recovery.
- Please depart the class when it has finished to ensure the next class is on time.

Apparel

- A minimum of a singlet top or crop top and shorts must be worn at all times within Sport UNE premises.
- Covered footwear is to be worn at all times. Sandals and thongs will not be tolerated.
- Patrons are reminded to maintain personal hygiene (ie., deodorant) at all times whilst participating in Group Fitness classes.

Equipment

In consideration of your fellow patrons please:

- Return weights, bars, mats and steps to the storage cupboard after use.
- Don't drop weights or leave weights lying on the floor.
- Wear inner gloves while participating in boxing classes.

Age Restrictions

The minimum age for participation in Group Fitness classes is 15 years and above (subject to conditions below):
Entry between age 12 and 15 years can be granted providing that:

- Parent/guardian approval is provided, and
- Suitability has been assessed by Sport UNE staff, and/or
- A Doctor's referral is provided, and
- Constant supervision is provided by a personal trainer.

Entry under the age of 15 years can be granted if the child is a part of a scheduled program or a participant in:

- A sporting team, junior athletics squad, school group,
- A special physical activity program conducted by the centre,
- A water or swim class, and/or
- Other supervised or structured activities.

All school groups are required to adhere to Sport UNE's School Groups Policy and other Sport UNE policies accordingly.

Assistance

Please inform reception, or our Fitness staff of your special requirements prior to your visit so that we may better accommodate your needs.

Please note: Failure to comply with the above rules could result in Sport UNE asking a patron to leave the premises, with membership suspension, membership cancellation, and/or permanent restriction from Sport UNE allocated to that patron if deemed serious.