



GYM RULES

We get it - rules can be a bit boring. But we just need to run a few things by you before we can send you out on your fitness journey at Thrive Gyms.

The first thing to say is welcome to Thrive. We're glad to have you with us. For the community to Thrive together, we all need to buy in to a few basic principles:

- Everyone in our community is allowed to know as much or as little about the gym, fitness, exercises, and complicated-looking machines. If you've never heard of Single-Leg Romanian Deadlifts, that's ok. If you could list 150 different quad exercises, that's ok too. We're open to sharing the space with gym keenos, first timers, people who are indifferent and everyone in between.
- We never mock, giggle, snigger or eye roll at fellow Thriver's.
- We respect whether you want to work out on your own, with a mate or two, with your nan. You do you.
- You're now part of our community, there to motivate and support you, every step of the way. So however you want to enjoy the gym, do it in a way that's respectful to the rest of the group. Have a read below of some of the other things we ask of you to keep our community happy.

Learning the ropes

- When you joined, we offered a comprehensive induction to teach you how to use the gym equipment. Our advice would be to make sure you have done this.
- Induction bookings can be made via the Thrive app, under the make a booking section, you'll see they are called Welcome to Thrive (Inductions). We get that it's not always easy to figure out how to use the equipment, but don't worry, our super knowledgeable and friendly staff are always on hand to help you know how to use our equipment efficiently and safely.
- Another super important reason to do the induction is that we cannot accept liability for any claim of personal injury if you use the gym equipment having not undertaken an induction with one of our members of staff, so be sure to get on it.

What to wear

- Clothing such as jeans, boots, flip-flops/sandals/crocs, or workwear are not the right thing in our gyms simply because they're not safe or practical. Comfy exercise attire of your choice and suitable footwear is what we're after, and it's important to get this right to avoid being asked to leave the gym.

Keeping you safe

- It's super important to remember that you cannot use the gym whilst under the influence of alcohol, narcotics, tranquilizers or any medication or other substance which may affect your ability to exercise safely. If it seems like you're not in the right state to use the facilities properly, then we can ask you to leave.

Keeping our place clean

- Go ahead and use your towel on the gym floor, but please do not leave it on the equipment.
- Each floor has a dedicated cleaning station, so in the interest of your fellow members and gym teams, please wipe down the equipment with a gym towel after use.
- Please put all the weights you use back on the weights tree's. If you're strong enough to lift them, you're strong enough to put them away!

Keeping your things safe

- We cannot accept responsibility for any loss or damage to personal property, so remember to keep an eye out for your own belongings when visiting the gym.
- For safety reasons, we ask you not to bring bags onto the gym floor. Feel free to use the lockers provided, but please only use them for the duration of your training session, as they will be emptied at night and your items removed to lost property.

Other ground rules

- We'll always try to return your lost property, but unfortunately can't take responsibility for any item held there. No one wants their things donated to charity or destroyed, so make sure to claim them within a week. If you're unsure where to find lost property, pop in the office and a member of the Thrive team will help you.

Behaviours that can get you banned

- It's really important to use your own PIN number or QR code every time you visit the gym. Both are personal to you, so remember not to let anyone else use them. To keep you all extra safe, we monitor PIN usage by CCTV 24/7, and any misuse may result in memberships being terminated. If you want to find out more about our PIN Abuse Policy, it's all in your Membership Terms and Conditions.
- We want to make sure all our equipment is kept in good nick, so make sure weights are put back in their original place when you're finished, and please try not to drop them on the floor. It's important to do this to make sure your membership isn't terminated.
- Dignity and respect are one of the most important things to us at Thrive so please never behave in an aggressive, abusive, anti-social or threatening manner. We consider any act of harassment, bullying or victimisation to be in direct conflict with our culture & values. Any breaches of this could result in termination of your membership immediately and we reserve the right to contact the police if we think it's necessary.

- Spitting, urinating, defecating, vomiting or expulsion of any other bodily fluid is strictly prohibited in any area other than the toilets provided in the changing facilities, and any member found to be doing this in non-permitted areas faces permanent termination of their membership on both health and conduct grounds.
- Members found to be engaging in behaviours deemed to be intimidating and or sexual in nature to other members faces termination of the membership immediately and without warning.
- Members found to be in staff only areas or in prohibited areas, such as males in female changing areas, females in male changing areas, or leaving through emergency doors in non-emergency situations face immediate membership termination.
- Thrive is not the place to engage in any unauthorised personal training business with other members, and it can lead to membership termination if anyone is found doing this.
- Anyone training in the gym must be a member of the gym or on a day pass. Anyone found not to be a member and training in the gym, will be asked to leave banned from future membership.
- Smoking, including e-cigarettes, is not something we want in any area of the gym. Any member found to be breaching this rule may have their membership terminated.
- Bringing steroids, anabolic agents, SARMS and associated paraphernalia into the gym will result in an immediate ban, as will using them. Whilst we cannot change what you do in your own home, Thrive is a drug free zone.
- Thrive does not allow the possession or smoking of cannabis on site.

All of the above are non-negotiables within Thrive Gyms, and management reserve the right to suspend and/or terminate any members' membership for breach of any rules without prior warning.

Sauna Rules & Opening Hours

Monday-Friday: 6am until 8:00pm

Saturday: 8am until 6:00pm

Sunday: 8am until 4:00pm

These hours allow for essential cleaning, cooling, and maintenance to ensure the facility remains safe and hygienic for all members.

Usage Rules:

- Do not enter the Sauna wet. This is a dry sauna only
- Always sit on a towel to maintain hygiene.
- No shaving, lotions, oils, or grooming in the sauna.
- Do not bring in food, drinks, or mobile phones.

Member Conduct:

Any abuse of these rules or aggressive or disrespectful behaviour towards staff regarding sauna rules or closing times will not be tolerated. Such behaviour may result in immediate membership revocation.