

DUNCAN MILLS FITNESS CENTRE
STATEMENT AND POLICY

HOURS : 7:00 A.M. TO 9:30 P.M.

GYM RULES:

- (1) Respect yourself. Respect everyone. Respect every piece of equipment in this Room at all times.
- (2) Keep the area neat and tidy.
- (3) Pretend the gym is your home away from home; be responsible and treat each piece of equipment as your own personal property.

POLICY

- (1) Members wishing to use the Duncan Mills Fitness Centre will be required to sign a release form and leave a refundable deposit of \$10.00 for a key. In case you lose your key the deposit is forfeited and another deposit will be required.
- (2) Everyone using the gym must use their own key. No one is permitted to let another person into the gym.
- (3) CHILDREN UNDER 16 YEARS OLD ARE NOT ALLOWED EVEN IF SUPERVISED.
- (4) Appropriate gym clothes and SOFT SOLED SHOES must be worn.
- (5) No smoking, food or drink is allowed in the gym area.
- (6) Only ten people are admitted at any given time due to fire regulations.
- (7) Only members of 2040 Don Mills Road are allowed to use the gym.
- (8) The last person to leave the gym must turn out the lights and lock the door.
- (9) Please keep your valuables secure. The Co-op will not be held liable for stolen or lost property.
- (10) Anyone who maliciously or carelessly damages the gym equipment will be banned from gym use and will be held financially responsible.
- (11) Bring your own towel, and as a courtesy to others please clean equipment after use.