



# G Y M

## RULES & REGULATIONS

### Gym Membership

- Must be a Valid RPYC Club Member ONLY
- **The Applicant agree to be bound by the provisions (as amended from time to time) of the constitution of Royal Papua Yacht Club and the Rules & regulations as well.**
- **Any member who is found to be bringing guests into the gym facilities who are not members will be suspended until further notice. Subsequent breaches may result in total ban from gym facility.**
- **Full Gym Member** privilege to use the gym facility and to attend gym group classes with minimal fee of K20
- **RPYC Non Gym Member** allows to attend group classes with a fee of K30 per session
- **RPYC Family Member young adult from 15 to 18 years of age** are allowed to use the gym facility provided they are a gym member or to pay the casual fee of K57.50 at the Main Office and to present the parental/guardian's consent letter to the gym management.

### Gym Identification Card

- NO ID. NO GYM
- Gym Member requires to bring and present an identification card each time you visit the gym.
- Lost card will be charged of K15 for replacement

### Attire

- NO TOP NO GYM
- Thongs or Sandals are prohibited inside the gym
- Gym Member requires gym tops, shorts, gym tights or gym pants and athletic shoes to wear inside the gym

### Gym Facility and Equipment

- Never leave equipment, personal items and bags around the gym where people walk for member' and your' SAFETY REASON
- Never try to load equipment with more weights eg. Barbell without any assistance from the gym staff or gym friend
- Be CORTEOUS to others. Unload and return equipment to its proper storage place.
- Avoid grunting or make any loud noises. Learn proper breathing technique.
- Be considerate. Finish your workout quickly or allow fellow gym members to use the gym equipment first.
- Follow basic HYGIENE PRACTICES. If possible, have a quick shower before heading to the gym as BODY ODOUR is a sign of a build-up bacteria.
- Wipe the equipment after each used.
- Notify Gym Staff at once for a broken equipment
- Share equipment between sets as a form of gym etiquette
- Improper use of gym equipment is prohibited
- Member is welcome to ask any of the gym trainer on how to properly use the gym equipment
- Foul languages or any form of harassment are highly prohibited.
- Solicitation to train other member without the approval from the Executive Committee , Club management and gym management are prohibited
- Member are prohibited to invite a NON RPYC Club TRAINER without any prior arrangement from the Executive Committee, Club management and Gym Management.

### Operating hours

#### Week days:

Monday - Friday 05:00am— 9:00pm

#### Weekends

Saturday & Sunday 06:00am—6:00pm

Pure fitness will also have personal trainers available please enquire at the Gym for further information.

Thank you management

