

HOUSE RULES

SSC FITNESS



Always wear clean indoor sports shoes.



Use of a towel is compulsory; clean the machine after use.



Always wear sports clothes.



Put all materials neatly back in their right place.



Use only bottles with screw tops and bidons, (soda) cans are not allowed. No food in the fitness room.



Put weights down in a controlled and composed manner.



Put your bags in the bags rack / lockers outside the fitness area.



Don't yell or scream.



Do not take weights to different zones.



Texting, calling or whatsapping is not allowed in the fitness area.