



SSC
Eindhoven

HOUSE RULES

SSC GYM



Reservation for the gym is mandatory.



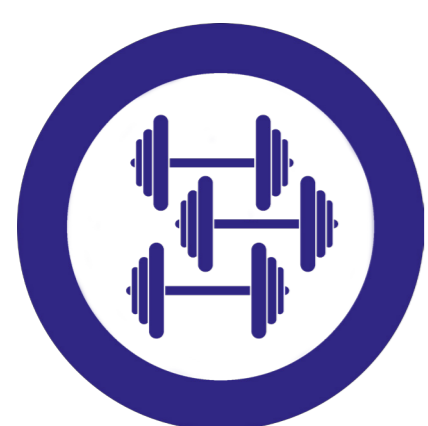
Always wear clean indoor sports shoes.



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



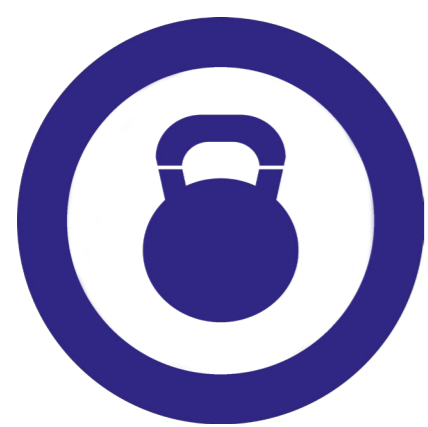
Always wear sports clothes.



Put all materials neatly back in their right place.



Use only bottles with screw tops and bidons. No (soda) cans or food allowed.



Put weights down in a controlled and composed manner.



Put your bag in the lockers outside the fitness area.