

Gym rules

We are pretty flexible, but the rules don't bend. Violation of our rules or failure to comply with staff instructions may result in warning, fine, expulsion, or police notification. If you experience challenges or behavior as a member that is not in line with the following, please do not hesitate to contact us so that we together can create a good training environment in our gyms.

BEHAVIOR & LANGUAGE

- We want everyone to have a good experience when exercising in our gyms. Therefore, we expect a positive attitude where our members show respect and consideration for each other.
- We do not accept threats and violence, as well as behavior or language that can be perceived as offensive or disrespectful.
- We encourage you not to block the machines unnecessarily and to give space to other members.

DISINFECTION

- Machines and equipment (handles, seats, benches, etc.) must be cleaned after use by spraying with disinfectant and wiping with the paper provided.

ACCESS TO THE GYM

- You must use your membership card to access the gym. The membership card is personal and may not be used by anyone other than the member; it is not allowed to let others into the gym.
- Only members have access to training areas and locker rooms. Access to the gym for non-members can only be granted with permission from the gym staff, for example, in connection with open house and other events.
- It is not allowed to stay overnight in our gyms, and the gym must be vacated no later than 5 minutes before closing time.

TREATMENT OF EQUIPMENT & MACHINES

- Our equipment must be treated with respect and may only be used according to the regulations and for the exercises it is intended for.
- The equipment must have floor contact before you let go. Put the equipment in its proper place after use to make training better for yourself and other members.
- You may use liquid chalk, but not chalk in powder form.
- It is not allowed to take equipment outside the gym.

CLOTHING & SHOES

- Correct attire must be worn when exercising i.e., suitable comfortable exercise clothing and appropriate clean indoor footwear.
- It is not allowed to exercise bare-chested. If you want to train in a tank top, sports bra, or similar, the clothing must cover the chest.
- It is not allowed to stay in the gym with a back patch or (other) gang related clothing. This also applies to tattoos, bags, jewelry, etc., which are gang related.

USE OF MOBILE & CAMERA

- Please use headphones if you want to listen to music other than what is played in the gym.
- Mobile calls in the gym should be limited. Show consideration and set your mobile phone to silent during training.
- It is not allowed to take pictures and videos where other members can be identified without their consent.
- Commercial and editorial filming and photography are only allowed if the head office has given written permission in advance.

STORAGE & PERSONAL ITEMS

- Personal belongings must be locked in the lockers to reduce the risk of theft.
- Storage is at your own risk, and we encourage you not to store particularly valuable items (e.g., watches, jewelry) in the lockers.
- The lockers are not personal and must be emptied after every training session. Padlocks that have not been removed by closing time will be cut open and not replaced.
- For safety reason bags, jackets, and other items are not permitted onto the gym floor.

Forgotten items are kept for 30 days. After that, valuable items are handed over to the police. Means of transportation (including scooters, bicycles, and strollers) are not allowed in the center and will be removed at the owner's risk

DOPING

- The use of doping is not accepted. If you test positive or refuse to be tested by Anti-Doping Denmark, you will be expelled.
- Selling doping in the center will result in a police report and exclusion.

SUBSTANCES

- Smoking, including e-cigarettes, are strictly prohibited in all areas of the gym.
- You may not be in the gym if you are under the influence of alcohol, drugs, nerve medication, or other substances which may affect your ability to exercise safely.

PRIVATE ENTERPRISE

- Private enterprise, such as training guidance, personal training, or other independent business, may not be conducted in our gyms without prior written permission from our head office.

CHILDREN

- Children without their own membership are not allowed to exercise or be present in the training areas. It is the responsibility of the parents to ensure that this is complied with.
- Children in baby carriers or similar may only be brought into the cardio area (by the treadmills, exercise bikes, etc.).

PETS

- Pets are not allowed in the gyms. Besides guide and service dogs (official aid dogs), which must wear a visible and approved service vest.

RETURNS & EXCHANGES OF GOODS (RETURN POLICY)

- Non-food or home-stocking items purchased in the gyms can be returned within 14 days of the purchase date. The item must be in unbroken, original packaging and must not have been used. Upon presentation of the receipt, we will exchange the item or refund your money.
- Our return and exchange guarantee/policy, therefore, does not cover food items (such as shakes, bars, energy drinks, etc.).

EMERGENCY EXITS

- The emergency exits in the gyms must not be blocked and may only be used in case of emergency.
- Misuse of emergency exits will result in a fee being charged.

Last updated: 14/03/2023